

Infectious Diseases Guidelines

Schools and Child Care Centres

Contact public health if you have an increased number of children ill with similar symptoms or diagnosis. During an outbreak exclusion guidance may change.

GREY BRUCE PUBLIC HEALTH

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Any child who is ill and unable to participate comfortably in all activities should not attend school or childcare



**Grey Bruce
Public Health**

Disease	Signs & Symptoms	Cause & Transmission	Incubation	Contagious Period	Exclusion
Bite (Animal)	<p>There is risk of rabies from the bites of bats, cats, dogs, ferrets, groundhogs, muskrats, racoons, skunks, and other wild mammals.</p> <p>Bites of gerbils, hamsters, mice, moles, rabbits, and squirrels do not have to be reported unless the animal's behaviour was very abnormal.</p>	Contact with saliva of infected animals through bites, scratches, or contact with mucus membranes or open skin.	<p>Depends on many factors.</p> <p>Rabies: Usually 3-8 weeks (rarely as short as a few days or as long as several years).</p>	Rabies: Rabid animals are infectious from the time the virus reaches salivary glands and up until death.	NO - animal bites of bats, cats, dogs, ferrets, groundhogs, muskrats, racoons, skunks, and other wild mammals are to be reported Public Health
Bite (Human)	If the skin is broken, there is a risk of transmission of hepatitis B, hepatitis C and HIV from an infected person.	Contact of contaminated body fluid(s) with a break in the skin or blood inside of the mouth.	Depends on the disease and many factors.	Depends on the disease and many factors.	NO - advise parent to consult with health care provider if skin is broken as result of bite.
Campylobacter enteritis	Diarrhea (possibly bloody), abdominal pain, fever, nausea, sometimes vomiting	<p>Bacteria</p> <p>Ingestion of food or water contaminated by feces.</p> <p>Unpasteurized dairy products.</p> <p>Animal-to-person spread can occur.</p>	1-10 days (usually 2-5 days)	Throughout course of infection (as long as organisms are being excreted; usually 2-7 weeks).	YES - until symptom free for 24 hours, or 48 hours after completion of antibiotic or anti-diarrheal medications
Candidiasis (Thrush, Diaper Rash)	<p>Thrush: whitish-grey patches on the inside of the cheek, roof of the mouth or on the tongue.</p> <p>Diaper rash: usually very red, with small red spots close to larger, defined patches.</p>	<p>Fungus</p> <p>Person-to-person by direct contact of secretions or excretions.</p>	<p>Variable</p> <p>2-5 days for thrush in infants</p>	While lesions are present.	NO

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Chickenpox (Varicella)	Rash usually starts as red spots, turns into fluid-filled blisters that crust over within a few days. Rash may be very itchy; new spots continue to appear over the next 2-3 days. Can be accompanied by a high fever and severe rash.	Virus Person-to-person through direct contact, droplet or airborne spread of fluid from blisters or respiratory secretions; or indirectly by objects contaminated by the fluid from blisters. Scabs are not infectious.	10-21 days (usually 14-16 days)	Usually 1-2 days before onset of rash and until all lesions are crusted.	YES - until no fever and well enough to participate comfortably in all activities (regardless of the state of the rash). Notify parents of immunocompromised children. Pregnant staff should speak with their health care provider.
Cold Sores (Herpes Simplex Virus)	Small clear blisters usually on the face or lips. Sores crust and heal within a few days.	Virus Person-to-person by direct contact with cold sores or saliva.	2-12 days	Transmission can occur while someone does not have any signs or symptoms.	NO
Cryptosporidiosis	Diarrhea (can be watery or profuse), cramping, abdominal pain, loss of appetite, vomiting.	Parasite Fecal-oral route Ingestion of food or water contaminated by feces. Animal-to-person spread can occur.	1-12 days (average of 7 days)	Up to several weeks after symptoms resolve.	YES - until symptom free for 24 hours, or 48 hours after completion of antiparasitic or anti-diarrheal medications
Diarrhea (unknown cause)	See Gastroenteritis				

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<p>Escherichia coli (E. coli) infection (Verotoxigenic Escherichia coli - VTEC)</p>	<p>Diarrhea (bloody or non-bloody), abdominal cramping, and vomiting.</p>	<p>Bacteria</p> <p>Fecal-oral route</p> <p>Ingestion of food or water contaminated by feces.</p> <p>Person-to-person spread by direct or indirect contact.</p> <p>Animal-to-person spread can occur.</p>	<p>2-10 days (median of 3-4 days)</p>	<p>Variable. As long as organisms are excreted.</p>	<p>YES</p> <p>Child care: until symptom free and 2 consecutive negative stool samples taken at least 24 hours apart.</p> <p>School: until 24 hours symptom free.</p>
<p>Fifth Disease (Slapped Cheek Syndrome, Parvovirus B19)</p>	<p>Very red rash on cheeks. After 1-4 days, a red, lace-like rash develops on torso and arms, then over rest of the body. May have a low-grade fever, general malaise or mild cold before rash breaks out.</p>	<p>Virus</p> <p>Person-to-person by direct or indirect contact with respiratory secretions.</p> <p>Can be transmitted from susceptible mother to fetus.</p>	<p>4-14 days (can be as long as 20 days)</p>	<p>Several days before onset of rash.</p>	<p>NO</p>
<p>Gastroenteritis (unknown cause)</p> <p>2 or more loose/watery bowel movements in a 24 hour period or 2 or more episodes of vomiting in a 24 hour period or 1 episode of loose/watery bowel movement and 1 episode of vomiting in a 24 hour period</p>	<p>Diarrhea: a change in bowel movements (increased number and change in consistency to watery or unformed)</p> <p>Vomiting</p> <p>Ensure the symptoms are not due to dietary changes or other causes unrelated to infection.</p>	<p>Depends on specific agent transmitted.</p>	<p>Depends on specific agent transmitted.</p>	<p>Depends on specific agent transmitted.</p>	<p>YES - until symptom free for 24 hours, or 48 hours after completion of antibiotic or anti-diarrheal medications</p> <p>Contact Public Health if outbreak is suspected (increase in illness).</p>

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Giardiasis (Beaver Fever)	<p>Diarrhea (pale, greasy stools), abdominal cramps, bloating, weight loss.</p> <p>Some infections are asymptomatic.</p>	<p>Parasite</p> <p>Fecal-oral route</p> <p>Ingestion of water contaminated by feces.</p> <p>Person-to-person spread by direct or indirect contact.</p>	<p>3-25 days or longer (median of 7-10 days)</p>	<p>As long as cysts are excreted in stool.</p>	<p>YES - until symptom free for 24 hours, or 48 hours after completion of antiparasitic or antidiarrheal medications.</p>
Hand, Foot & Mouth Disease (Coxsackie)	<p>Fever, headache, sore throat and mouth, loss of appetite, lack of energy and a characteristic rash.</p> <p>Red spots, often with small blisters on top, appear on the hands and feet and sometimes elsewhere on the body. Small, painful ulcers may develop in the mouth.</p>	<p>Virus</p> <p>Person-to-person by direct or indirect contact with respiratory secretions or feces.</p>	<p>Usually 3-5 days</p>	<p>Most infectious during the first week of illness.</p> <p>Virus may remain in stool for 4 weeks after onset of illness.</p>	<p>NO</p>
Head Lice (Pediculosis)	<p>Itchy scalp</p> <p>Nits on hair shaft or live lice.</p>	<p>Direct head to head contact or occasionally by sharing items, such as hats, combs, brushes, or pillows.</p> <p>Lice do not fly or hop, they crawl very quickly.</p>	<p>Eggs hatch in 7-10 days</p> <p>Egg to egg cycle averages 3 weeks</p>	<p>As long as eggs or lice remain alive on person.</p>	<p>NO - persons with head lice should be treated. Family members should be examined and treated at the same time if infested.</p>
Impetigo	<p>Fluid-filled blisters, usually around the mouth or nose but may occur elsewhere. Blisters may break, ooze, and become covered by an itchy honey coloured crust.</p>	<p>Bacteria</p> <p>Person-to-person by direct contact with the rash or contact with shared objects (e.g. towels, wash cloths).</p>	<p>Variable</p>	<p>As long as lesions drain or 24 hours after start of antibiotic treatment.</p>	<p>YES - until 24 hours after start of antibiotics and able to fully participate in activities. Keep lesions covered with clean, dry bandages. Exclude if lesions can't be kept covered.</p>

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Influenza	High fever, headache, muscle aches, weakness, runny nose, sore throat, cough. Children may also have nausea, vomiting, diarrhea.	Virus Person-to-person by direct and indirect contact with respiratory secretions and/or contaminated hands or objects.	Usually 1-4 days (commonly 2 days)	May be infectious during the 24 hours before symptoms and up to 7 days after (can be prolonged in young children).	YES - until symptoms are improving for 24 hours and no fever
Measles (Rubeola, Red Measles)	Fever, runny nose, cough, drowsiness, irritability and red eyes. Small white spots appear on inside of the mouth and throat. 3-7 days after the start of symptoms a red, blotchy rash appears on face and progresses down the body.	Virus Person-to-person by airborne droplets and close personal contact or direct contact with respiratory secretions. Measles can stay active and infectious in the air or on surfaces for at least 2 hours.	About 10 days 7-21 days from exposure to the virus to fever onset. Usually 14 days until rash appears.	Usually 4 days before the rash until 4 days after the onset of rash. Very contagious	YES - until 4 days after onset of rash. Consultation with Public Health is required regarding exclusion of susceptible persons.
Mononucleosis	Fever, sore throat, swelling of lymph nodes around neck and fatigue.	Virus Person-to-person by direct or indirect contact with respiratory secretions or direct contact of saliva.	4-6 weeks	Prolonged (may persist a year or more).	NO
MRSA (Methicillin-resistant Staphylococcus aureus)	Rash can start as a cluster of red bumps or blisters. Blisters may ooze or be covered with a honey-coloured crust.	Bacteria Person-to-person by direct contact with the rash or contact with shared objects (e.g. towels, wash cloths).	Variable	As long as lesions drain or 24 hours after start of antibiotic treatment.	YES - until well enough to participate comfortably in all activities AND any lesions are covered with clean dry bandage (exclude if draining lesions cannot be kept covered).

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Mumps	Fever, swelling and tenderness of salivary glands at the jaw line, on one or both sides of the face.	Virus Person-to-person by direct or indirect contact with respiratory secretions or direct contact of saliva.	12-25 days (average 16-18 days)	Most contagious 2 days before symptoms until 5 days after symptoms appeared.	YES - until 5 days after swelling onset. Consultation with Public Health is required regarding exclusion of susceptible persons.
Pink Eye Conjunctivitis)	Purulent conjunctivitis (often bacterial): Pink or red eyeball (the white of the eye) with white or yellow discharge (pus), matted or red eyelids and eye pain. Non-purulent conjunctivitis (often viral or irritant): Eyeball (the white of the eye) is pink or red, discharge is clear and watery, mild or no pain.	Direct or indirect contact (ex. used tissue) with eye secretions or droplet (ex. coughing, sneezing) of an infected person.	Varies depending on causative agent	For duration of infection (i.e., as long as there is discharge) or until 24 hours after antibiotics started (as prescribed by a health care provider or pharmacist).	YES - should be excluded until they have been seen by a healthcare provider or pharmacist. If deemed bacterial, can return after 24 hours of antibiotic treatment. If deemed viral, can return immediately, as long as no other symptoms are present (i.e. fever, behavioural change).
Pinworms	Itching around the anus and/or vagina. If infection is severe, disturbed sleep and irritability. Can be asymptomatic	Directly through scratching itchy area which transfers eggs to own or another's mouth; or, indirectly through contaminated hands or objects, bedding.	1-2 months	During incubation period, until worms no longer present Eggs remain infective indoors for up to 2 – 3 weeks.	NO - persons with pinworms should seek advice/treatment from healthcare provider or pharmacist. Family members may be treated at the same time.

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Poison Ivy	Rash, develops into blisters with severe itching. Rash is linear (sometimes resembles insect bites). Develops into blisters with severe itching where skin was exposed. Takes about 10 days to heal.	Plant Resin (sap) Contact with any part of the plant (direct skin contact or through items that have come in contact with plant).	24-48 hours Washing the exposed area immediately with soap and cold water decreases the severity of symptoms.	Spread by exposure to plant, not rash/blisters.	NO
Respiratory illness (e.g. common cold, COVID, rhinovirus, enterovirus)	Runny nose, cough, sneezing, sore throat, headache.	Virus Person-to-person by direct or indirect contact with respiratory secretions.	Depends on specific agent transmitted.	Depends on specific agent transmitted.	YES – until symptoms are improving for 24 hours and no fever Contact Public Health if outbreak is suspected (increase in illness).
Respiratory Syncytial Virus (RSV)	Cough, runny nose, fever, decrease in appetite, irritability. Some children (most often very young infants) have difficulty breathing/and or wheezing.	Virus Person-to-person by direct and indirect contact with respiratory secretions and/or contaminated hands or objects.	3-7 days	Usually 3-8 days	NO
Ringworm (Tinea)	Rash that may be ring-shaped, with a raised edge. May be dry and scaly or moist and crusted. Often itchy.	Fungus Direct contact with skin and lesions of infected people, or indirect contact with contaminated objects and surfaces.	Usually 4-10 days (10-14 days for scalp)	As long as lesions are present.	YES – until first treatment has been applied.

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Roseola	High fever and cranky for several days followed by a rash of small red spots on face and body.	Virus Person-to-person by direct or indirect contact with respiratory secretions or direct contact of saliva	5-15 days	Unknown Contagious before symptom onset	NO
Rubella	Low fever, runny nose, red eyes, enlarged glands in neck and rash starting on face, spreading down the body. May have tender joints.	Virus Person-to-person by direct or indirect contact with respiratory secretions.	14-21 days	For about 1 week before and at least 4 days after onset of rash. Very contagious	YES - until 7 days after rash onset. Pregnant or unimmunized individuals should consult with their healthcare provider.
Salmonellosis	Headache, fever, abdominal pain, diarrhea, nausea and sometimes vomiting.	Bacteria Fecal-oral route Ingestion of food or water contaminated by feces. Person-to-person spread by direct or indirect contact. Animal-to-person spread can occur.	6-72 hours (usually 12-36 hours)	As long as organisms are excreted. A temporary carrier state occasionally continues for months (especially in infants).	YES - until symptom free for 24 hours, or 48 hours after completion of antibiotic or anti-diarrheal medications
Scabies	Very itchy red rash usually worse at night. Rash usually appears between fingers, in the groin area, between toes and around the wrists or elbows. In children <2y/o, rash may appear on head, face, neck, chest, abdomen and back as white, curvy, thread-like lines, tiny red bumps or scratch marks.	Mite Direct contact with skin of infected people, or indirect contact with contaminated objects and surfaces	2-6 weeks without previous exposure 1-4 days in persons previously infested	Until mites and eggs are destroyed by treatment. Mites can live off skin for up to 3 days.	YES - until first treatment has been applied.

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<p>Streptococcal Infection</p> <p>(Strep Throat, Scarlet Fever, Invasive Group A Strep)</p>	<p>Symptoms may be vague and include pain of unusual severity, swelling, fever, chills, influenza-like symptoms, generalized muscle aches, generalized macular rash, bullae (a form of blisters), nausea, vomiting, diarrhea, malaise or joint pain.</p> <p>Strep Throat: Fever, sore throat, swollen tender neck glands, swollen tonsils and loss of appetite.</p> <p>Scarlet Fever: Red rash that looks like a sunburn and feels like sandpaper (most often begins on chest and stomach). When rash fades, skin on hands and feet may start to peel. Fever, nausea and vomiting, sore throat, red swollen lips, "strawberry tongue", flushed cheeks and pale area around mouth.</p> <p>Necrotizing Fasciitis: fever, and a red painful swelling of tissue, which spreads rapidly (up to 2.5 cm/hour).</p> <p>Toxic Shock Syndrome: May have symptoms above plus low blood pressure, adult respiratory distress syndrome, renal impairment (kidneys stop functioning properly), rapid onset of shock and multi organ failure.</p>	<p>Bacteria</p> <p>Person-to-person by direct or indirect contact with respiratory droplets (ex. coughs, sneezes) or direct / indirect contact with respiratory secretions or wounds of infected persons or carriers.</p>	<p>Usually 1-3 days</p>	<p>If treated: upon onset to 24 hours antibiotic treatment initiated.</p> <p>Untreated, uncomplicated cases: 10-21 days</p> <p>Untreated, complicated cases: can be weeks to months.</p>	<p>YES - until 24 hours after treatment initiated.</p> <p>If Invasive Group A Strep: Immediately consult with Public Health.</p>

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Vomiting	See Gastroenteritis				
Whooping Cough (Pertussis)	Runny nose and cough; attacks of coughing become increasingly frequent and severe (characteristic gasping breath, at end of cough spell - high pitched “whoop”). Gagging and vomiting may occur after coughing.	Bacteria Person-to-person by direct contact with respiratory secretions or direct contact of saliva. Indirect contact may occur.	6-20 days (usually 9-10 days)	From the onset of symptoms until: 3 weeks after onset of coughing spells (or whooping) or 5 days after starting proper antibiotic treatment.	YES - until 5 days after antibiotic treatment initiated. If no treatment is given, until 21 days post cough onset. Pregnant staff should speak with their health care provider.
Yersiniosis	Fever, diarrhea (often contains blood and mucus) and right sided abdominal pain.	Bacteria Fecal-oral route Ingestion of food or water contaminated by feces. Person-to-person spread by direct or indirect contact. Animal-to-person spread can occur.	3-7 days	As long as symptoms persist (usually 2-3 weeks). If untreated, may shed for up to 2-3 months.	YES - until symptom free for 24 hours, or 48 hours after completion of antibiotic or anti-diarrheal medications

References & Resources:

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