

Notes For Guidance
Common Infectious Disease Of Childhood

DISEASE	EARLY SYMPTOMS	IINCUBATION	PERIOD WHEN INFECTIOUS	EXCLUSION FOR PATIENTS
German Measles (Rubella)	May be fever, sore throat, stiff neck, rash after 1-2 days, usually starting on face.	14-21 DAYS	A few days before, until at least 4 days after appearance of rash.	4 days from appearance of rash if child is well.
Measles	Cold, cough, fever or chill, sore eyes, photophobias (white spots in mouth 1-2 days), rash after 3-4 days on face, neck and chest.	10-15 DAYS	From pre-rash symptoms until at least 7 days after rash.	7 days after appearance of rash if child is completely well.
Chicken Pox	May be slight fever, headache, nausea, spots appear on 2 nd day starting on back.	14-21 DAYS	From 1 day before until 6 days after spots appear.	Not less than 6 days after onset.
Whooping Cough (Pertussis)	Catarrhal stage with fever for 1 week before onset of paroxysmal cough, later with whoop.	7-10 DAYS	Greatest in catarrhal stage decreasing until 21 days after onset on paroxysmal.	21 days from onset of paroxysmal.
Conjunctivitis	Sore eyes, inflamed with discharge or watering.	1-3 DAYS	Contagious; spread by rubbing eyes, tissues etc.	Until discharge and inflammation has cleared
Lice and Nits	Itching of head		Contagious until treated.	Until treated and nurse certifies free from infection.
Impetigo	Blisters, spreading at edge, which is, raised thick yellow crust when blisters break.		Contagious: spread by hands and by objects touched.	Until skin is completely healed.
Ringworm of the body	(Body) Round red areas with raised thick border.	10-11 DAYS	Contagious; spread by scratching and materials under fingernails.	Until treated, provided lesions can be adequately covered.
Threadworm	Irritation round rectum at night which may wake child.	10-11 DAYS	Contagious; spread by scratching and transferring eggs to mouth.	Until treatment has been commenced.
Scabies	Intense itching; blistering, pinpoint blood crusts.	Round Several days	Mites spread rapidly by contact from bedding or clothing.	Until treatment has commenced.
Gastro- enteritis	Sickness and diahorrea	48 hrs	Could be contagious	Until symptoms have cleared up. 48 hrs after last bout of sickness and/or diahorrea.

N.B. GERMAN MEASLES (RUBELLA)- Every possible precaution must be taken to keep mothers in early pregnancy from contact with Rubella. When a case occurs in a child or family of staff, mothers must be notified and anyone in the first four months of pregnancy advised to consult her doctor immediately and keep her children away.