

Infectious Diseases

| Disease/ Infection | This disease is spread by ... | Time between exposure and sickness | Early signs | How long is the child infectious? | Exclusion of child from kindergartens, schools, etc |
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| Campylobacter | Undercooked food (eg, chicken and meat); food/water contaminated with faeces from infected person or animal. Direct spread from infected person or animal. | 1–10 days, usually 3–5 days | Stomach pain, fever and diarrhoea. | Until well, and possibly several weeks after. | Until well with no further diarrhoea.† |
| Chickenpox | Coughing and sneezing. Also direct contact with weeping blisters. | 13–17 days | Fever and spots with a blister on top of each spot. | From up to 5 days before appearance of rash until lesions have crusted (usually about 5 days). | For one week from date of appearance of rash.† |
| Conjunctivitis (viral or bacterial) | Direct contact with discharge from the eyes or with items contaminated by the discharge. | 24–72 hours | Irritation and redness of eye. Sometimes there is a discharge. | While there is a discharge from the eyes, the child is infectious. | While there is a discharge from the eyes.† |
| Cryptosporidium Giardia | Food or water contaminated with faeces from infected person or animal. Direct spread from infected person or animal. | Cryptosporidium 1–12 days, average about 7 days Giardia 3–25 days, usually about 7–10 days | Stomach pain and diarrhoea. | Until well, and possibly several weeks after. Giardia can be cleared by medication. | Until well with no further diarrhoea.† |
| Gastroenteritis (viral) | Food or water contaminated with faeces from infected person or animal. Direct spread from infected person. | 1–3 days | Vomiting, diarrhoea and fever. | While vomiting and diarrhoea last, and up to 7 days after illness starts. | Until well with no further vomiting or diarrhoea.† |
| Glandular fever | Transfer of saliva. | Usually 4–6 weeks | Sore throat, swollen glands in the neck, fever. Vague ill health for some time. | Prolonged – possibly for one year or more. | Until well enough to return. |
| Hand, foot and mouth disease | Coughing or poor hand washing. | 3–5 days | Fever, rash on soles and palms and in mouth. Flu-like symptoms. | While the child is unwell and possibly longer, because virus is excreted in faeces for weeks after. | While the child is feeling unwell. Unnecessary if the child is well.† |
| Hepatitis A | Food or water contaminated with faeces from infected person. Direct spread from infected person. | 15–50 days, usually 28–30 days | Nausea, stomach pains, general sickness. Jaundice a few days later. | From about 2 weeks before signs appear until 1 week after jaundice starts. | 7 days from the onset of jaundice.† |
| Hepatitis B | Close physical contact with the blood or body fluids of an infected person. | 6 weeks–6 months, usually 2–3 months | Similar to Hepatitis A. | Blood and body fluids may be infectious several weeks before signs appear, until weeks or months later. A few people are infectious for years. | Until well or as advised by GP. |
| Impetigo (School sores) | Direct contact with discharge from infected skin. | Usually 7–10 days, variable | Scabby sores on exposed parts of body. | Until 24 hours after treatment with antibiotics has started or until sores are healed. | Until 24 hours after treatment has started or as advised by GP or Public Health Nurse. |

For further information contact:
 Your Public Health Nurse
 Your Public Health Service

* Doctors notify these diseases to the Public Health Service (PHS). The PHS will advise on control measures and on exclusion of child or staff.
 † or as advised by a GP or the PHS.