

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
Influenza	Coughing and sneezing and direct contact with respiratory droplets.	1–3 days	Sudden onset of fever with cough, sore throat, muscular aches and headache.	From 1–2 days before illness, up to 7 days.	Restrict contact activities until well†.
*  Measles <small>immunisation usually prevents this illness</small>	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	Usually 10 days to onset, 14 days to rash	Running nose and eyes, cough, fever and a rash.	From the first day of illness until 4 days after the rash begins.	At least 4 days from onset of rash.
* Meningitis (Meningococcal)	Close physical contact, such as sharing food and drinks, kissing, sleeping in the same room.	2–10 days, usually 3–4 days	Generally unwell, fever, headache, vomiting, sometimes a rash. Urgent treatment is required!	24 hours after starting antibiotics.	Until well enough to return.
*  Mumps <small>immunisation usually prevents this illness</small>	Contact with infected saliva, eg, coughing, sneezing, kissing and sharing food and drink.	Usually 16–18 days	Pain in jaw, then swelling in front of ear and fever.	For one week before swelling appears until 9 days after.	Until 9 days after swelling develops, or until child is well, whichever is sooner.
Ringworm	Contact with infected person's skin, clothes or personal items. Also through contaminated floors and shower stalls.	10–14 days	Flat spreading ring-shaped lesions.	While lesions are present, and while fungus persists on contaminated material.	Restrict contact activities, eg, gym and swimming, until lesions clear.
*  Rubella <small>immunisation usually prevents this illness</small>	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	Usually 16–18 days	Fever, swollen neck glands and a rash on the face, scalp and body. Rubella during early pregnancy can cause abnormalities in the baby.	From 7 days before rash starts until at least 4 days after it has appeared.	7 days from appearance of rash.
* Salmonella	Undercooked food (eg, chicken and meat); food/water contaminated with faeces from infected person or animal; direct spread from infected person or animal.	6–72 hours, usually 12–36 hours	Stomach pain, fever and diarrhoea.	Until well, and possibly weeks or months after.	Until well with no further diarrhoea.†
Scabies	Direct skin contact with the infected person, and sharing sheets and clothes.	Days–weeks	Itchy rash in places such as forearm, around waist, between fingers and buttocks and under armpits.	Until 24 hours after treatment is started.	24 hours after treatment is started.
Streptococcal sore throat	Usually contact with the secretions of a strep sore throat.	1–5 days	Headache, vomiting, sore throat.	For 24–48 hours after treatment with antibiotics is started.	Until 24 hours after antibiotics started.
Slapped cheek (Human parvovirus infection)	Coughing and sneezing. The virus may be passed from mother to child during pregnancy.	1–3 days	Red cheeks and lace-like rash on body.	For variable time up to appearance of rash.	Unnecessary unless child is unwell.
*  Whooping cough (Pertussis) <small>immunisation usually prevents this illness</small>	Coughing. Adults and older children may pass on the infection to babies.	4–10 days	Running nose, persistent cough followed by “whoop”, vomiting or breathlessness.	For 3 weeks from the first signs if not treated with antibiotics. If child has antibiotics, until 5 days of antibiotic treatment.	21 days from onset of coughing, or after 5 days of antibiotics.

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.

This resource is available from www.healthed.govt.nz or the Authorised Provider at your local DHB.
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