
Communicable Disease Guidelines for Schools and Child Care Facilities

EASTERN ONTARIO HEALTH UNIT

These guidelines are intended to provide principals, teachers, directors of child care facilities and other professionals with guidance on communicable disease control.

Any child who is too ill to participate fully in regular activities should be cared for at home.

Revised November 2018

Adapted from:
Ottawa Public Health Unit
MOHLTC Infectious Disease Protocol Appendix A - Disease Specific Chapters

COMMUNICABLE DISEASE GUIDELINES FOR SCHOOLS AND CHILD CARE FACILITIES

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Amebiasis	<p>Cause: Parasite.</p> <ul style="list-style-type: none"> Abdominal distention and cramps, fever, chills, diarrhea or constipation. May be symptom-free. 	<ul style="list-style-type: none"> Fecal-oral route. Food and water contaminated by infected food handler or sewage. 	<ul style="list-style-type: none"> Variable, from a few days to several months. Average 2 to 4 weeks. 	<ul style="list-style-type: none"> During the period that cysts are passed, which may continue for years. 	<ul style="list-style-type: none"> Until 24 hours after diarrhea resolves or until 48 hours after completion of antibiotic treatment. 	<ul style="list-style-type: none"> Report within 1 business day to 613-933-1375 or 1 800 267-7120.
Bite (Human)	<ul style="list-style-type: none"> If the skin is broken, there may be a risk of transmission of hepatitis B, hepatitis C, or HIV from an infected person. 	<ul style="list-style-type: none"> Contact of contaminated blood with a break in the skin or blood inside of the mouth. 	<ul style="list-style-type: none"> Depends on the disease. 	<ul style="list-style-type: none"> Depends on the disease. 	<ul style="list-style-type: none"> Not required. 	<ul style="list-style-type: none"> Report within 1 business day to 613-933-1375 or 1 800 267-7120.
Bite (Animal) or exposure to a potentially rabid animal (Rabies)	<ul style="list-style-type: none"> There is a risk of rabies from the bites of bats, cats, dogs, ferrets, groundhogs, muskrats, raccoons, skunks and other wild mammals. Bites and scratches from animals may also result in infection, especially for young children, if not treated promptly. Young children are more at risk of injury to their face and neck. 	<ul style="list-style-type: none"> Animal saliva introduced by a bite or scratch 	<p>Rabies:</p> <ul style="list-style-type: none"> Usually 3-8 weeks. Rarely, as short as 9 days or as long as 7 years. 	<p>Rabies:</p> <ul style="list-style-type: none"> Rabid animals are infectious from the time the virus reaches the salivary glands and up until death. Death usually occurs within 1 week of onset of clinical signs. 	<ul style="list-style-type: none"> Not required. 	<ul style="list-style-type: none"> Report immediately to 613-933-1375 or 1 800 267-7120 to begin rabies immunization, if needed, and/or to quarantine the biting animal, if available.
Beaver Fever	See <i>Giardiasis</i> .					
Campylobacter	<ul style="list-style-type: none"> Cause: Bacteria. Diarrhea, abdominal pain, fever, nausea and vomiting. Sometimes bloody stools. 	<ul style="list-style-type: none"> Undercooked meats (all kinds), especially chicken. Unpasteurized milk. Food and water contaminated by infected food handler or sewage. Fecal-oral route. Contact with infected animals (especially pets and farm animals). 	<ul style="list-style-type: none"> 1 to 10 days. Average 2 to 5 days. 	<ul style="list-style-type: none"> Up to several weeks after beginning of symptoms, or until treated. 	<ul style="list-style-type: none"> Until symptom-free for 24 hours or 48 hours after completion of antibiotics or antidiarrheal medications. 	<ul style="list-style-type: none"> Report within 1 business day to 613-933-1375 or 1 800 267-7120.

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Candidiasis (Thrush, Diaper Rash)	<ul style="list-style-type: none"> • Cause: Fungus. • Thrush: Thin white layer on tongue and inside of cheeks. May cause difficulty with feeding. • Diaper rash or other skin rash: Well demarcated, red rash with white flaky border, usually in skin folds. Painful when comes in contact with urine. 	<ul style="list-style-type: none"> • Person-to-person by direct contact with the mouth, skin or bodily secretions containing the fungus. 	<ul style="list-style-type: none"> • Variable. • 2 to 5 days for thrush in infants. 	<ul style="list-style-type: none"> • While lesions are present. • Avoid sharing bottle nipples and soothers between children. 	<ul style="list-style-type: none"> • Not required. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Chickenpox (Varicella)	<ul style="list-style-type: none"> • Cause: Virus. • Fever, blister-like rash in successive crops. "Spots" appear first on body, face, and scalp, then arms and legs. • Scabs appear after the blister stage. 	<ul style="list-style-type: none"> • Person-to-person by direct contact with virus through droplet or airborne spread of blister fluid or respiratory secretions. • Indirectly through freshly contaminated objects and surfaces. 	<ul style="list-style-type: none"> • 10 to 21 days; commonly 14 to 16 days. 	<ul style="list-style-type: none"> • Usually 1 to 2 days before onset of rash, until all blisters are crusted (usually about 5 days after the onset of rash). 	<ul style="list-style-type: none"> • Recommended until crusted over. 	<ul style="list-style-type: none"> • Report number of cases and age of children on a weekly basis by mail or fax to 613-933-7930.
Cold Sores	<ul style="list-style-type: none"> • Cause: Virus. • Small blisters appear and then burst to form a crust. • Sores are usually around the mouth but can be around the nose and eyes. 	<ul style="list-style-type: none"> • Person-to-person by direct contact with saliva. • Note: Handwashing is important in preventing transmission. 	<ul style="list-style-type: none"> • 2 to 12 days. 	<ul style="list-style-type: none"> • Usually while sores are apparent. • May be transmitted even when no blisters are present. 	<ul style="list-style-type: none"> • Not required. • If child has severe sores with fever and/or excessive drooling, consider exclusion until fever-free and able to participate fully in regular activities without excessive drool. 	<ul style="list-style-type: none"> • Not required.
Conjunctivitis-Bacterial (Pink Eye)	<ul style="list-style-type: none"> • Cause: Bacteria. • Purulent conjunctivitis: Pink or red conjunctiva (the white of the eye) with white or yellow discharge (pus). • Sometimes fever. 	<ul style="list-style-type: none"> • Person-to-person with direct or indirect contact with eye secretions. • Healthy eye coming in contact with secretions from affected eye. • Frequent handwashing is important for control of spread. 	<ul style="list-style-type: none"> • 24 to 72 hours. 	<ul style="list-style-type: none"> • For duration of infection or until 24 hours of effective antibiotic treatment. 	<ul style="list-style-type: none"> • For bacterial or possible bacterial, exclude until treated with antibiotic drops or ointment for 24 hours. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca

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Conjunctivitis-Viral (Pink Eye)	<ul style="list-style-type: none"> • Cause: Virus. • Non-purulent conjunctivitis: Pink conjunctiva with a clear, watery eye discharge and no fever, eye pain or eyelid redness. • May be accompanied by a cold. 	<ul style="list-style-type: none"> • Person-to-person by direct or indirect contact with eye secretions. 	<ul style="list-style-type: none"> • 12 hours to 12 days. 	<ul style="list-style-type: none"> • For duration of infection. 	<ul style="list-style-type: none"> • Not required, if no eye discharge. • To consider, if strict hand hygiene cannot be ensured. Otherwise, child can return upon approval by healthcare provider. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Coxsackie Virus (Hand, Foot and Mouth Disease)	<ul style="list-style-type: none"> • Cause: Virus. • Acute self-limited viral infection. • Sudden onset of fever, sore throat. • Rash occurs commonly on the palms of the hands, the fingers, inside the mouth and on the soles of the feet. • Acute illness usually occurs in children, particularly in the summer months. 	<ul style="list-style-type: none"> • Person-to-person by direct contact with fluid from sores, respiratory secretions and fecal-oral route. • Although most common in young children, asymptomatic adults can also spread infection. 	<ul style="list-style-type: none"> • Usually 3 to 5 days. 	<ul style="list-style-type: none"> • Most infectious during the first week of illness while experiencing symptoms. • Transmission via stools and throat secretions may persist for several weeks. • Hand hygiene is important. 	<ul style="list-style-type: none"> • Not required. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Cryptosporidium	<ul style="list-style-type: none"> • Cause: Parasite. • Frequent, non-bloody watery diarrhea, abdominal cramps, fatigue, vomiting, anorexia, and weight loss. • Fever and vomiting relatively common among children. • May be symptom-free. 	<ul style="list-style-type: none"> • Fecal-oral, including person-to-person, animal-to-person, waterborne and foodborne transmission. 	<ul style="list-style-type: none"> • 1 to 12 days. • Average about 7 days. 	<ul style="list-style-type: none"> • From onset of symptoms, and for several weeks after symptoms resolve. 	<ul style="list-style-type: none"> • Until 24 hours after stools are formed. • Cases are not to use recreational water for 2 weeks after symptoms resolve. 	<ul style="list-style-type: none"> • Report within 1 business day to 613-933-1375 or 1 800 267-7120.
Diarrhea	<i>See Gastroenteritis.</i>					

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Escherichia Coli 0.157 (E. Coli 0.157) (Escherichia Coli)	<ul style="list-style-type: none"> • Cause: Bacteria. • Severe abdominal cramps. • Watery or bloody diarrhea, fever, nausea, vomiting. 	<ul style="list-style-type: none"> • Fecal-oral route. • Food or water sources such as undercooked meat, non-pasteurized dairy products or apple cider, unwashed raw fruits and vegetables, contaminated water. 	<ul style="list-style-type: none"> • 2 to 10 days. • Average 3 to 4 days. 	<ul style="list-style-type: none"> • While person has symptoms, usually 1 to 3 weeks. • Children tend to be infectious longer than adults. 	<ul style="list-style-type: none"> • Until stools are formed. <p>Daycares:</p> <ul style="list-style-type: none"> • Until 2 negative stool cultures, at least 24 hours apart. • Child must not have been on antibiotics for at least 48 hours before taking the first sample. • Note: Antibiotics are not recommended for this infection. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.
Fifth Disease (Parvovirus B19)	<ul style="list-style-type: none"> • Cause: Virus. • Illness is mild, usually with no fever. • Initial "slapped cheek" rash. • Followed by lacelike rash (1 to 4 days later, on the arms and body; can fade but may recur and last for 1 to 3 weeks). 	<ul style="list-style-type: none"> • Person-to-person by respiratory secretions. • Mother to fetus. 	<ul style="list-style-type: none"> • 4 to 14 days, but can be as long as 21 days. 	<ul style="list-style-type: none"> • Greatest before onset of rash, and probably not communicable after onset of rash. 	<ul style="list-style-type: none"> • Not required since no longer infectious after rash appears. • Pregnant women, children with sickle cell and other forms of chronic anemia should be advised to consult their physician. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Gastroenteritis: Single case of unknown cause	<ul style="list-style-type: none"> • Cause: Bacteria, virus, parasite. • Vomiting and/or more bowel movements than usual, or stools are more unformed or watery (diarrhea). 	<ul style="list-style-type: none"> • Depends on cause. • Usually fecal-oral route or through contaminated food or water. 	<ul style="list-style-type: none"> • Depends on cause. 	<ul style="list-style-type: none"> • Depends on cause. 	<ul style="list-style-type: none"> • For 48 hours after stools are formed. <p>Daycares:</p> <ul style="list-style-type: none"> • Repeat stool testing is required if the diagnosis is Salmonella typhi or paratyphi, E.Coli 0.157 or Shigella. 	<ul style="list-style-type: none"> • Not required unless part of an outbreak. (see <i>Gastroenteritis: Outbreak</i>)

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Gastroenteritis: Outbreak	<ul style="list-style-type: none"> • Cause: Bacteria, virus, parasite. • Vomiting, diarrhea, abdominal pain, headache, fever. 	<ul style="list-style-type: none"> • Depends on cause. 	<ul style="list-style-type: none"> • Depends on cause. 	<ul style="list-style-type: none"> • Depends on cause. 	<ul style="list-style-type: none"> • Depends on cause, number of cases and source of infection. • Outbreaks must be discussed with the EOHU. • During an outbreak, persons with vomiting or diarrhea should be excluded until 48 hours symptom-free, before returning to work or childcare. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120. • Child Care Centres: <ul style="list-style-type: none"> • An outbreak exists when there are 3 or more children and/or staff ill with gastroenteritis within a 4-day period. • School: <ul style="list-style-type: none"> • >10% absenteeism due to similar symptoms in a school on the same day.
German Measles (Rubella)	<ul style="list-style-type: none"> • Cause: Virus. • Mild fever, enlarged neck nodes, headache, tiredness, runny nose, fine pale red rash spreading from behind the ears to the face, then downward. • Often difficult to diagnose. 	<ul style="list-style-type: none"> • Person-to-person by respiratory secretions. • Highly contagious. 	<ul style="list-style-type: none"> • From 14 to 21 days. 	<ul style="list-style-type: none"> • For about 1 week before, until 7 days after the onset of the rash. 	<ul style="list-style-type: none"> • For 7 days after the onset of rash. • Susceptible individuals exposed to a confirmed case must be excluded. • Consult the EOHU. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.
Giardiasis (Beaver Fever)	<ul style="list-style-type: none"> • Cause: Parasite. • Diarrhea, abdominal cramps, bloating, weight loss. • May be symptom-free. 	<ul style="list-style-type: none"> • Fecal-oral route. • Water and food contaminated by infected food handler or sewage. • Raw or undercooked seafood and shellfish. • Lakes and river water. 	<ul style="list-style-type: none"> • 3 to 25 days. • Average 7 to 10 days. 	<ul style="list-style-type: none"> • As long as present in the stool, often months or until treated. 	<ul style="list-style-type: none"> • For 24 hours after stools are formed or 48 hours after stopping antidiarrheal medication. • Cases are not to use recreational water for 2 weeks after symptoms resolve. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120.
Hand, Foot and Mouth Disease	<i>See Coxsackie Virus.</i>					
Hepatitis A	<ul style="list-style-type: none"> • Cause: Virus. • Fever, tiredness, jaundice, abdominal discomfort, dark foul-smelling urine, clay-coloured stools. • May be symptom-free. 	<ul style="list-style-type: none"> • Fecal-oral route. • Food and water contaminated by infected food handler or sewage. 	<ul style="list-style-type: none"> • 15 to 50 days. • Average 28 to 30 days. 	<ul style="list-style-type: none"> • 2 weeks before to 1 week after the onset of jaundice (yellowing of skin). 	<ul style="list-style-type: none"> • Exclude until 14 days after the onset of symptoms or 7 days after the onset of jaundice, whichever is sooner. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.

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Hepatitis B	<ul style="list-style-type: none"> • Cause: Virus. • Loss of appetite, fatigue, vague abdominal discomfort, joint pain, fever and jaundice (yellowing of skin and/or eyes). • May be symptom-free. 	<ul style="list-style-type: none"> • Blood and bloody fluids, semen, vaginal fluids and saliva, with non-intact skin or mucus membranes (eye, nose, mouth). 	<ul style="list-style-type: none"> • 45 to 180 days. • Average 60 to 90 days. 	<ul style="list-style-type: none"> • From weeks before onset to months or years after recovery from illness. • May become carriers and be contagious for life. 	<ul style="list-style-type: none"> • Not required. <p>Daycares:</p> <ul style="list-style-type: none"> • Special circumstances may apply depending on child's behaviour. • Cases must be discussed with the EOHU. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120.
Hepatitis C	<ul style="list-style-type: none"> • Cause: Virus. • Most cases are usually asymptomatic or have mild illness; vague abdominal discomfort, nausea, vomiting, fatigue and jaundice (yellowing of skin and/or eyes). 	<ul style="list-style-type: none"> • Through contact with blood or contaminated items such as used needle, unsterile tattooing or piercing equipment. 	<ul style="list-style-type: none"> • 2 weeks to 6 months. • Average 6 to 9 weeks. 	<ul style="list-style-type: none"> • From one or more weeks before onset of first symptoms to end of symptoms. • Some persons maybe infectious for a longer period of time. 	<ul style="list-style-type: none"> • Not required. <p>Daycares:</p> <ul style="list-style-type: none"> • As above. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120.
HIV/AIDS	<ul style="list-style-type: none"> • Cause: Human immunodeficiency virus. • Many will develop a short-term flu-like illness several weeks to months after infection. • After several years, damage to the immune and other systems lead to severe infections and death. 	<ul style="list-style-type: none"> • Through contact with blood (needle sharing among injection drug users, unsterile tattooing or body piercing). • Unprotected sexual intercourse or from mother to fetus. 	<ul style="list-style-type: none"> • Generally 4 to 12 weeks until HIV blood test is positive. 	<ul style="list-style-type: none"> • Generally begins early after onset of infection and extends throughout life. 	<ul style="list-style-type: none"> • Not required. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120.
Impetigo	<ul style="list-style-type: none"> • Cause: Bacteria. • Skin infection caused by streptococcus / staphylococcus bacteria. • Usually appears on face or exposed skin as a rash with cluster of red bumps/blisters. • May ooze or be crusted. 	<ul style="list-style-type: none"> • Person-to-person by direct or indirect contact with fluid from sores. • Very infectious and should be treated at once. • Will spread quickly, particularly if scratched. • Hand hygiene is important in preventing transmission. 	<ul style="list-style-type: none"> • Variable. • Average 4 to 10 days. 	<ul style="list-style-type: none"> • From onset of rash until 24 hours of treatment with oral or topical antibiotic. • Typically until blisters have crusted over. 	<ul style="list-style-type: none"> • Until sores are completely scabbed over or for at least 24 hours following initiation of treatment. • Upon return, any draining or open blisters must be covered with a clean dry bandage. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca

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Influenza	<ul style="list-style-type: none"> • Cause: Influenza A or B virus. • Infection of the airways, leading to fever, headache, muscle soreness, runny nose, sore throat and cough. • Children may also have nausea, vomiting and diarrhea. 	<ul style="list-style-type: none"> • Person-to-person by direct contact with respiratory secretions or indirect contact with contaminated surfaces or objects. 	<ul style="list-style-type: none"> • 1 to 3 days. 	<ul style="list-style-type: none"> • 24 hours before onset of symptoms. • Up to 7 days in young children. 	<ul style="list-style-type: none"> • Exclude for 5 days after the onset of symptoms OR until fever-free and feeling better, whichever is shorter. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120. • Report outbreaks immediately.
Measles	<ul style="list-style-type: none"> • Cause: Virus. • High fever, cough, eyes inflamed and sensitive to light, runny nose (symptoms of a cold). • Dusky-red blotchy rash on 3rd to 7th day from fever, spreading downwards from face, white spots in mouth. 	<ul style="list-style-type: none"> • Person-to-person by direct contact or by airborne droplets. • Highly contagious. 	<ul style="list-style-type: none"> • 7 to 21 days. • Average 10 days. 	<ul style="list-style-type: none"> • 4 days before the fever and cough until 4 days after the onset of rash. 	<ul style="list-style-type: none"> • Until 4 days after onset of rash. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.
Meningitis (any kind)	<p>Cause: Bacteria or virus.</p> <p>Young children:</p> <ul style="list-style-type: none"> • May show a cluster of symptoms such as irritability, rash, poor feeding, vomiting, fever, and excessive high-pitched crying. <p>Older children and adults:</p> <ul style="list-style-type: none"> • May experience violent persistent headache, vomiting, and neck rigidity. 	<ul style="list-style-type: none"> • Varies depending on cause of meningitis. • Often is person-to-person by respiratory secretions (droplets). 	<ul style="list-style-type: none"> • Varies depending on cause of meningitis. 	<ul style="list-style-type: none"> • Varies depending on cause of meningitis. 	<ul style="list-style-type: none"> • All cases must be discussed with the EOHU. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Molluscum Contagiosum (Non-Plantar Warts)	<ul style="list-style-type: none"> • Cause: Virus. • Smooth, often shiny, pinkish-white bumps with sunken centre, most often on face, trunk or limbs of children. Can be found on genitalia. May cause itchiness. 	<ul style="list-style-type: none"> • Person-to-person by direct skin-to-skin contact or indirect contact, such as sharing clothes or towels. 	<ul style="list-style-type: none"> • 7 days to 6 months. 	<ul style="list-style-type: none"> • Unknown, but probably as long as warts persist. 	<ul style="list-style-type: none"> • Not required, however, lesions or warts should be covered upon return to child care centre/school. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Mononucleosis	<ul style="list-style-type: none"> • Cause: Epstein Barr virus. • Fever, sore throat, swelling of glands around neck area, fatigue. 	<ul style="list-style-type: none"> • Person-to-person by oral secretions via saliva, or indirectly through surfaces and items (such as toys) contaminated with saliva. 	<ul style="list-style-type: none"> • 4 to 6 weeks. 	<ul style="list-style-type: none"> • Up to 1 year or more. 	<ul style="list-style-type: none"> • Not required. 	<ul style="list-style-type: none"> • Not required.
Mumps	<ul style="list-style-type: none"> • Cause: Virus. • Fever, swelling and tenderness of salivary glands, slightly above the angle of the jaw on one or both sides. 	<ul style="list-style-type: none"> • Person-to-person by respiratory secretions or saliva. 	<ul style="list-style-type: none"> • 12 to 25 days. • Average 16 to 18 days. 	<ul style="list-style-type: none"> • 7 days before up to 9 days after swelling. • Most contagious 48 hours before until 5 days after onset of illness. 	<ul style="list-style-type: none"> • Until 5 days from the onset of swelling. • Discuss with the EOHU. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.
Norovirus (Norwalk-like virus)	<ul style="list-style-type: none"> • Cause: Virus. • Acute onset of nausea, vomiting (especially in children), abdominal cramps and/or diarrhea (especially in adults). • May have headache, fever, chills and muscle pain. 	<ul style="list-style-type: none"> • Fecal-oral route. • Contact with vomit. • Contaminated water, ice or food (clams, oysters, salad ingredients, fruit and other uncooked foods contaminated by infected food handler). 	<ul style="list-style-type: none"> • 4 to 72 hours. • Average 24 to 48 hours. 	<ul style="list-style-type: none"> • During acute stage of illness and up to 48 hours after last episode of vomiting or diarrhea. 	<ul style="list-style-type: none"> • Until 48 hours after last episode of vomiting or diarrhea. 	<ul style="list-style-type: none"> • Not required unless part of an outbreak. (see <i>Gastroenteritis: Outbreak</i>)

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Pertussis (Whooping Cough)	<ul style="list-style-type: none"> • Cause: Bacteria. • Starts with mild respiratory symptoms that progress into repeated, violent coughs, which may end with a crowing or high-pitched whoop and vomiting. • Occurs mainly in preschool children but can occur in adolescents and adults. • May last 1 to 2 months. 	<ul style="list-style-type: none"> • Person-to-person by respiratory secretions. 	<ul style="list-style-type: none"> • 6 to 20 days. • Average 9 to 10 days. 	<ul style="list-style-type: none"> • Until 3 weeks after onset of symptoms or until 5 days of antibiotic treatment is completed. 	<ul style="list-style-type: none"> • Until 5 days after beginning of antibiotic treatment or until 3 weeks have passed since onset of illness. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120.
Pink Eye	<i>See Conjunctivitis.</i>					
Pinworms	<ul style="list-style-type: none"> • Cause: Worms. • Itching around the anal area. • Irritability. 	<ul style="list-style-type: none"> • Pinworm eggs transmitted to others by fecal-oral route. • Contaminated bedding, food or clothing. • Hand hygiene is very important. 	<ul style="list-style-type: none"> • 4 to 8 weeks. 	<ul style="list-style-type: none"> • During incubation period, until treatment is initiated. 	<ul style="list-style-type: none"> • Until treatment is initiated. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Poison Ivy and Wild Parsnip	<ul style="list-style-type: none"> • Cause: Plant toxin. • Not contagious. • Redness and blisters where skin was exposed. • Very itchy. 	<ul style="list-style-type: none"> • Direct skin contact with certain parts of the plant. • Indirectly by object contaminated by toxin of plant. • Washing any exposed skin and clothing to remove toxin ensures that no one else comes into contact with the toxin. 	<ul style="list-style-type: none"> • Symptoms appear after a few minutes to several days later. • Washing the exposed area immediately decreases the severity of symptoms. 	<ul style="list-style-type: none"> • Not contagious after the toxin has been washed off from the skin or clothing. • The blister's liquid is not contagious. 	<ul style="list-style-type: none"> • Not required. 	<ul style="list-style-type: none"> • Not required.

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Respiratory Outbreak	<ul style="list-style-type: none"> • Cause: Bacteria or virus. • Runny or stuffy nose, sneezing, sore throat, hoarseness or difficulty swallowing, cough, fever, swollen or tender glands in the neck, fatigue, muscle aches, loss of appetite and headache. 	<ul style="list-style-type: none"> • Person-to-person by direct or indirect contact with respiratory secretions. 	<ul style="list-style-type: none"> • Varies according to cause. 	<ul style="list-style-type: none"> • Varies according to cause. 	<ul style="list-style-type: none"> • Exclude for 5 days after the onset of symptoms OR until fever-free and feeling better, whichever is shorter. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120. • Child Care Centre: <ul style="list-style-type: none"> • An outbreak exists when there are 3 or more children and/or staff ill with acute respiratory symptoms within 48 hours. • School: <ul style="list-style-type: none"> • >10% absenteeism due to similar symptoms in a school on the same day.
Respiratory Syncytial Virus (RSV)	<ul style="list-style-type: none"> • Cause: Virus. • Can cause colds, bronchiolitis, bronchitis, croup, pneumonia, and ear infections. 	<ul style="list-style-type: none"> • Person-to-person by direct or indirect contact with respiratory secretions. 	<ul style="list-style-type: none"> • 2 to 8 days. • Average 4 to 6 days. 	<ul style="list-style-type: none"> • Usually 3 to 8 days from onset of symptoms, but may continue for as long as 3 to 4 weeks. 	<ul style="list-style-type: none"> • Children should be excluded from childcare until fever-free and able to participate in regular programs. 	<ul style="list-style-type: none"> • Not required. • Exception: see <i>Respiratory Outbreak</i>
Ringworm (Tinea)	<ul style="list-style-type: none"> • Cause: Fungus. • Flat, spreading, ring-shaped, discoloured patches on the skin. • May be dry and scaly or moist and crusted. • Itchiness is common. 	<ul style="list-style-type: none"> • Person-to-person by direct skin-to-skin contact. • Indirect spread by contaminated hands, objects and surfaces. 	<ul style="list-style-type: none"> • Usually 10 to 14 days. 	<ul style="list-style-type: none"> • For duration of illness or until treatment is initiated. 	<ul style="list-style-type: none"> • Until treatment has been initiated. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Roseola	<ul style="list-style-type: none"> • Cause: Virus. • Sudden onset of fever lasting 3 to 5 days. • Following break of fever, a fine, pink rash appears on trunk and body. 	<ul style="list-style-type: none"> • Person-to-person by direct or indirect contact with respiratory secretions or saliva. 	<ul style="list-style-type: none"> • 9 to 10 days. 	<ul style="list-style-type: none"> • While symptoms are present. 	<ul style="list-style-type: none"> • Not required 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Rubella	See <i>German Measles</i> .					

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Salmonella	<ul style="list-style-type: none"> • Cause: Bacteria. • Diarrhea, nausea, vomiting, headache, and abdominal pain, fever, loss of appetite. • May be symptom-free. 	<ul style="list-style-type: none"> • Fecal-oral route. • Undercooked meats (any kind). • Raw or undercooked eggs. • Non-pasteurized milk products. • Unwashed fruit/vegetables (raw sprouts). • Contaminated food/water. • Animal contact (e.g. turtle, reptiles, farm animals) 	<ul style="list-style-type: none"> • 6 to 72 hours. • Average 12 to 36 hours. 	<ul style="list-style-type: none"> • Up to several weeks after beginning of symptoms. • Children under 5 may shed the bacteria in their stool for longer periods. 	<ul style="list-style-type: none"> • Exclude symptomatic cases (children and staff, including food handlers) until symptom-free for 24 hours, or 48 hours after stopping anti-diarrheal medication. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120.

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Salmonella Paratyphi (Paratyphoid Fever) Salmonella Typhi (Typhoid fever)	<ul style="list-style-type: none"> • Cause: Bacteria. • s. Paratyphi: Fever, headache, malaise, anorexia, constipation (more common than diarrhea) and possible rash on trunk. May be mild illness with low grade fever or progress to more serious illness and multiple complications. • s. Typhi: Low grade fever, headache, malaise, myalgia, dry cough, loss of appetite, nausea, and abdominal discomfort. Rose spots on trunk may be seen. Constipation is more common than diarrhea in adults but diarrhea is more common in children. Carriers of typhoid fever who have no symptoms may also spread infection. 	<ul style="list-style-type: none"> • Fecal-oral route • s. Paratyphi: either by direct contact with an infected person or indirectly through ingestion of contaminated water or food. • s. Typhi: Contact with feces and urine of infected persons and carriers of the bacteria. Common sources include ingestion of contaminated water, shellfish (particularly oysters), milk, ice cream, raw fruit and vegetables grown in fields fertilized with fecal matter or consumed in areas with poor sanitation. 	<ul style="list-style-type: none"> • s. Paratyphi: 1 to 10 days. • s. Typhi: From 3 days to over 60 days; usual range is 8 to 14 days. 	<ul style="list-style-type: none"> • s. Paratyphi: From onset of initial symptoms and up to 2 weeks after symptoms resolve. • s. Paratyphi: Variable, weeks to months. Infected persons may become carriers and continue to spread infection and/or relapse with symptoms 	Child Care Centres: <ul style="list-style-type: none"> • Exclude all cases (children and staff, including food handlers), until 3 consecutive stool specimens are negative (collected 48 hours apart). Time frame for stool specimen collection may vary depending on antibiotic prescribed. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.
Scabies	<ul style="list-style-type: none"> • Cause: Mite under the skin. • Rash appears as bumps, patches, or tiny red lines often between fingers and toes and folds of the skin. • Intense itching, especially at night. 	<ul style="list-style-type: none"> • Prolonged direct skin-to-skin contact or indirect contact by sharing clothes or towels with an actively infected person. 	<ul style="list-style-type: none"> • 2 to 6 weeks. • 1 to 4 days if re-exposed. 	<ul style="list-style-type: none"> • From beginning of incubation period until treated. 	<ul style="list-style-type: none"> • Until 24 hours after treatment has been completed. 	<ul style="list-style-type: none"> • Not required. • Notify EOHU if more than one case in classroom or facility. • For more information, visit www.caringforkids.cps.ca
Scarlet Fever	See <i>Streptococcus</i> .					
Shigella	<ul style="list-style-type: none"> • Cause: Bacteria. • Watery diarrhea, fever, nausea, vomiting, abdominal cramps. • May be symptom-free. • Stool may contain mucous and/or blood. 	<ul style="list-style-type: none"> • Fecal-oral route. • Food and water contaminated by infected food handler, egg salads, raw veggies, sewage. • Hand hygiene is very important. 	<ul style="list-style-type: none"> • 12 hours to 7 days. • Average 1 to 3 days. 	<ul style="list-style-type: none"> • From onset of symptoms until bacteria is no longer in stools (about 4 weeks). • Use of antibiotics may shorten this timeframe. 	Child Care Centres: <ul style="list-style-type: none"> • Exclude all cases until 1 stool sample or rectal swab, collected 24 hours after symptoms have resolved or 48 hours after antibiotics completed, is negative. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Shingles (Herpes Zoster)	<ul style="list-style-type: none"> • Cause: Virus. • Reactivation of latent varicella (chickenpox) infection in the nerve endings. • Blister-like lesions may appear in irregular crops along nerve pathways. • Accompanied by pain localized to the area. • Pain may persist for prolonged periods. 	<ul style="list-style-type: none"> • It is only possible to get chickenpox from someone with shingles through direct contact with vesicle fluid of the patient with shingles. 	<ul style="list-style-type: none"> • 10 to 21 days. • Average 14 to 16 days. 	<ul style="list-style-type: none"> • Until blisters are crusted over. 	<ul style="list-style-type: none"> • Not required. 	<ul style="list-style-type: none"> • Not required. • For more information, visit www.caringforkids.cps.ca
Streptococcus: Group A Strep (Strep Throat / Scarlet Fever)	<ul style="list-style-type: none"> • Cause: Bacteria. <p>Strep throat:</p> <ul style="list-style-type: none"> • Very sore and red throat, fever, swollen and tender lymph nodes. <p>Scarlet fever:</p> <ul style="list-style-type: none"> • High fever, vomiting, “sandpaper” skin rash, “strawberry tongue”, red cheeks and whiteness around mouth. • During convalescence, skin on hands and feet may peel. 	<ul style="list-style-type: none"> • Direct or indirect contact with respiratory secretions. 	<ul style="list-style-type: none"> • 1 to 3 days. 	<ul style="list-style-type: none"> • From onset of symptoms until 24 hours after beginning of antibiotic treatment. • 10 to 21 days if untreated. 	<ul style="list-style-type: none"> • Until 24 hours after treatment began. 	<ul style="list-style-type: none"> • Not required. • For more information on strep throat and scarlet fever, visit www.caringforkids.cps.ca

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Streptococcus: Invasive Group A (Necrotizing Fasciitis / Toxic Shock Syndrome)	<p>Cause: Bacteria.</p> <p>Necrotizing Fasciitis:</p> <ul style="list-style-type: none"> • Fever, localized redness, swelling, blister formation and intense pain. • Redness spreads very quickly. • Can arise from infected chickenpox lesions. <p>Toxic Shock Syndrome:</p> <ul style="list-style-type: none"> • Sudden onset of high fever vomiting, diarrhea, rash, muscle pains and shock. • Can be fatal. 	<ul style="list-style-type: none"> • Direct or indirect contact with respiratory secretions or with discharge from wounds. 	<ul style="list-style-type: none"> • 1 to 3 days. 	<ul style="list-style-type: none"> • From onset of symptoms until 24 hours after beginning of antibiotic treatment. 	<ul style="list-style-type: none"> • Until 24 hours after treatment began. • Child is likely to be hospitalized. 	<ul style="list-style-type: none"> • Report immediately to 613-933-1375 or 1 800 267-7120.
Tuberculosis (TB)	<ul style="list-style-type: none"> • Cause: Mycobacterium tuberculosis. <p>In the lungs:</p> <ul style="list-style-type: none"> • Cough producing sputum, lasting over 3 weeks. • Loss of weight, fever, night sweats, tiredness. <p>Outside of the lungs:</p> <ul style="list-style-type: none"> • Varies depending on where the disease is located. • Laboratory tests are required to identify if tuberculosis is present. 	<p>In the lungs:</p> <ul style="list-style-type: none"> • Person-to-person by airborne secretions. <p>Outside of the lungs:</p> <ul style="list-style-type: none"> • If tuberculosis is anywhere else in the body, it is NOT contagious. 	<ul style="list-style-type: none"> • Several weeks to years for someone to develop tuberculosis disease. 	<ul style="list-style-type: none"> • Contagious only if it is in the lungs. • Laboratory tests are required to identify level of contagiousness. 	<ul style="list-style-type: none"> • Each case to be discussed with the EOHU. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120.
Vomiting	<i>See Gastroenteritis (single case).</i>					
Whooping Cough	<i>See Pertussis.</i>					

DISEASE	CAUSE/SYMPTOMS	TRANSMISSION	INCUBATION	PERIOD OF COMMUNICABILITY	EXCLUSION	REPORTING REQUIREMENTS
Yersinia	<ul style="list-style-type: none"> • Cause: Bacteria. • Watery diarrhea, fever, headache. • Stool may contain blood and/or mucous. 	<ul style="list-style-type: none"> • Fecal-oral route. • Direct contact with infected people or animals (such as puppies or kittens) or indirect contact with contaminated food and water. Raw pork and pork products are known sources of infection. 	<ul style="list-style-type: none"> • 3 to 7 days. • Average under 11 days. 	<ul style="list-style-type: none"> • 2 to 3 weeks. • If untreated, 2 to 3 months. 	<ul style="list-style-type: none"> • Exclude all cases until 24 hours after diarrhea resolves, or 48 hours after completion of antibiotic therapy or antidiarrheal medications. 	<ul style="list-style-type: none"> • Report within 1 working day to 613-933-1375 or 1 800 267-7120.