

## INFECTIOUS DISEASES EXCLUSION GUIDE

### Incubation and Exclusion Periods of Common Infectious Diseases

Disease	Signs & Symptoms (can include)	Usual Incubation Period (Days)	Interval between onset of illness & appearance of rash (days)	Minimum of Exclusion provided child appears well.
<b>Chicken Pox</b>	Slight fever, irritating rash	10 - 21	0 - 2	Seven days from appearance of rash or until all the scabs have dried up (whichever is later)
<b>Diarrhoea and Vomiting</b>		1 - 7	-	Until 48hrs after cessation of diarrhoea/vomiting
<b>Food Poisoning</b>	Vomiting, diarrhoea, abdominal pain	0 - 2	-	Until declared fit
<b>German Measles</b>	Slight cold, sore throat, slight fever, enlarged glands behind ears, pains in small joints	14 - 21	0 - 2	Six days from onset of rash
<b>Measles</b>	Misery, high temperature, heavy cold with discharging eyes and nose; later harsh cough, conjunctivitis	7 - 21	3 - 5	Four days from onset of rash
<b>Meningitis</b>	Headache, fever, vomiting, neck stiffness, joint pains, drowsiness or confusion, dislike of bright lights, rash of red/purple spots	2 - 10	-	Until clinical recovery and bacteriological examination is clear
<b>Mumps</b>	Fever, headache, swelling of the jaw in front of ears, difficulty opening mouth	12 - 28	-	Five days from onset of swelling
<b>Scarlet Fever</b>	Sudden onset of fever, sore throat, vomiting, 'strawberry' tongue, flushed cheeks, pallor around mouth	2 - 5	1 - 2	24hrs after commencing antibiotics
<b>Whooping Cough</b>	Acute respiratory catarrh, paroxysms of coughing	5 - 14	-	Five days after antibiotic treatment or 21 days if not given antibiotics
<b>Hand, Foot &amp; Mouth Disease</b>	Small blisters in these areas - very contagious	7 - 10 days to end of attack	-	None

## Exclusion Periods of Common Infections

<b>Disease</b>	<b>Signs and Symptoms</b>	<b>Minimum Period of Exclusions</b>
<b>Impetigo</b>	Yellow, oozing sores with scab on top, itching, usually around mouth and nose	Until spots have healed and 48hrs after given antibiotics
<b>Pediculosis (Head Lice)</b>	Head scratching, presence of nits (eggs) - white specks which are stuck to hair, presence of lice - small insects with move along hair	None
<b>Ringworm of Scalp or Body</b>	Circular red, raised area with white scaly centre, itching, if on scalp hair breaks off	Until adequate treatment instituted
<b>Threadworm</b>	Presence of threadworms in stool (white cotton-like pieces), sore anus, itchy bottom, sleeplessness, lack of appetite	Until adequate treatment instituted
<b>Scabies</b>	Burrows visible as red raised spots especially between fingers, intense irritation, sleeplessness	Until adequate treatment instituted
<b>Conjunctivitis</b>	Red swollen eyes, yellow discharge from eyes, very itchy	24hrs with treatment
<b>Slap Cheek</b>	Red marks across cheeks	None, but vulnerable children and pregnant people need to be warned in case of slap cheek.

Advice should be sought from a general practitioner, especially where there is any doubt.