

# Infectious Diseases

Developed by Taranaki Health. Design/layout by Michael Johnson



DISEASE / INFECTION	TIME BETWEEN EXPOSURE AND SICKNESS	THIS DISEASE IS SPREAD BY...	EARLY SIGNS	HOW LONG IS THE CHILD INFECTIOUS?	EXCLUSION OF CHILD FROM KINDERGARTENS, SCHOOLS, ETC
* <b>Campylobacter</b>	1 - 10 days usually 3 - 5 days.	Undercooked food such as chicken and meat; food/water contaminated with faeces from an infected person or animal; or direct spread from an infected person or animal.	Stomach pain, fever and diarrhoea.	Until well, and possibly several weeks after.	Until well with no further diarrhoea.
<b>Chicken Pox</b>	13 - 17 days.	Coughing and sneezing. Also direct contact with weeping blisters.	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.
<b>CONJUNCTIVITIS (VIRAL OR BACTERIAL)</b>	24 - 72 hours.	Direct contact with discharge from the eyes or items that are contaminated with the discharge.	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!
* <b>Cryptosporidium</b> <b>Giardia</b>	<b>Cryptosporidium</b> 1 - 12 days average about 7 days. <b>Giardia</b> 3 - 25 days usually 7 - 10 days.	From food or water contaminated with faeces from an infected person or animal; or by direct spread from an infected person or animal.	Stomach pain and diarrhoea.	Until well, and possibly several weeks after. <b>Giardia</b> can be cleared by medication.	Until well with no further diarrhoea.
<b>GASTROENTERITIS (VIRAL)</b>	1 - 3 days.	From food or water contaminated with faeces from an infected person or animal; or by direct spread from an infected person.	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.
<b>Glandular Fever</b>	Usually 4 - 6 weeks.	Transfer of saliva.	Sore throat, swollen glands in the neck, fever. Vague ill health for some time.	Prolonged - maybe for one year or more.	Until well enough to return.
<b>Hand, Foot and Mouth Disease</b>	3 - 5 days.	The virus is spread by coughing, or by poor hand-washing.	Fever, rash on soles and palms and in the 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 child is well!
* <b>Hepatitis A</b>	15 - 50 days average 28-30 days.	From food or water contaminated with faeces from an infected person; or by direct spread from an infected person.	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 onset of jaundice!
<b>HEPATITIS B</b> (immunisation usually prevents this illness)	6 weeks - 6 months usually 2 - 3 months.	Close physical contact with the blood or body fluids of an infected person.	Similar to Hepatitis A.	The blood and body fluids maybe infectious several weeks before signs appear and until weeks or months later. A few are infectious for years.	Until well or as advised by GP.
<b>Impetigo (School Sores)</b>	Usually 7 - 10 days. Variable.	Direct contact with discharge from infected skin.	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 your GP or Public Health Nurse.

Your Public Health Nurse

Your Public Health Unit

\* 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.



# Infectious Diseases

DISEASE / INFECTION	TIME BETWEEN EXPOSURE AND SICKNESS	THIS DISEASE IS SPREAD BY...	EARLY SIGNS	HOW LONG IS THE CHILD INFECTIOUS?	EXCLUSION OF CHILD FROM KINDERGARTENS, SCHOOLS, ETC
<b>Influenza</b>	1 - 3 days.	Coughing and sneezing and direct contact with respiratory droplets.	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†.
* <b>Measles</b> <small>(immunisation usually prevents this illness)</small>	Usually 10 days to onset 14 days to rash.	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	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.
* <b>Meningitis (Meningococcal)</b> <small>(immunisation may prevent this illness)</small>	2 - 10 days usually 3 - 4 days.	Close physical contact such as sharing food and drinks, kissing, sleeping in the same room.	Generally unwell, fever, headache, vomiting, sometimes a rash. <b>Urgent treatment is important!</b>	24 hours after starting antibiotics.	Until well enough to return.
* <b>Mumps</b> <small>(immunisation usually prevents this illness)</small>	Usually 16 - 18 days.	Contact with infected saliva, eg coughing, sneezing, kissing and sharing food or drink.	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, which ever is sooner.
<b>Ringworm</b>	10 - 14 days.	Contact with infected person's skin or with their clothes or personal items. Also through contaminated floors and shower stalls.	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.
* <b>Rubella</b> <small>(immunisation usually prevents this illness)</small>	Usually 16 - 18 days.	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	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 and until at least 4 days after it has appeared.	7 days from appearance of rash.
* <b>Salmonella</b>	6 - 72 hours usually 12 - 36 hours.	Undercooked food like chicken, eggs & meat; food or water contaminated with faeces from an infected person or animal; or direct spread from an infected person or animal.	Stomach pain, fever and diarrhoea.	Until well, and possibly weeks or months after.	Until well with no further diarrhoea!
<b>Scabies</b>	Days - weeks.	Direct skin contact with the infected person, and sharing sheets and clothes.	Itchy rash in places such as forearm, around waist, between fingers, buttocks and under armpits.	24 hours after treatment is started.	24 hours after treatment is started.
<b>STREPTOCOCCAL SORE THROAT</b>	1 - 5 days.	Usually contact with the secretions of a strep sore throat.	Headache, vomiting, sore throat.	For 24 - 48 hours after treatment with antibiotics is started.	Until 24 hours after antibiotics started.
<b>SLAPPED CHEEK</b>	1 - 3 days.	Coughing and sneezing. The virus may be passed from mother to child during pregnancy.	Red cheeks and lace-like rash on body.	For variable time up to appearance of rash.	Unnecessary unless child is unwell.
* <b>Whooping Cough (Pertussis)</b> <small>(immunisation usually prevents this illness)</small>	4 - 10 days.	Coughing. Adults and older children may pass on the infection to babies.	Running nose, persistent cough followed by "whoop", vomiting or breathlessness	For 3 weeks from the first signs if not treated with antibiotics. If the child has had antibiotics, until 5 days of the antibiotic treatment.	21 days from onset of coughing, or after 5 days of antibiotics.

Your Public Health Nurse

Your Public Health Unit

\* 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.