



Choochoos Day Nursery - Common Infectious Diseases



<u>Disease</u>	<u>Signs and Symptoms</u>	<u>Usual Incubation Period (Days)</u>	<u>Important to seek medical advice</u>	<u>Minimum Exclusion from Choochoos</u>
Athletes Foot	Flaky, itchy red rash between toes. Treatment recommended.	None	Optional	Exclusion from barefoot activities until free from infection. Treatment recommendation.
Bacillary Dysentery	Form of gastroenteritis.	1-7	Yes	Usually 48 hours after symptom free.
Chickenpox (N) and Shingles (C)	Slight fever and irritating rash that is blistery over body, contagious 14 days prior to spots.	Usually 5+ days, until spots have scabbed	Yes if pregnant. Chicken pox can be dangerous if had at the same time as scarlet fever.	After the last crop of spots have scabbed over & are not irritating. Scabs to be dry but need not have separated. Spread by touch and contact.
Conjunctivitis	Sore eyes, sticky with yellowy liquid and blood shot.	None	Yes	Parents advised to seek medical advice for treatment.
Croup	Children with croup have a distinctive barking cough and will make a harsh sound, known as stridor, when they breathe in. They may also have a hoarse voice and find it difficult to breathe because their airway is blocked.	None	Yes if symptoms persist more than 72 hours or breathing is impaired.	Once child is fit and well enough within themselves and if seen by a Doctor who declares them well for nursery.
Cryptosporidiosis (N)	Diarrhoea disease caused by microscopic parasites	48hrs from last bout.	Yes	48hrs since last bout.
Diarrhoea and Vomiting (C)	Diarrhoea and Vomiting.	48hrs from last bout.	Yes if symptoms persist	48 hours after last bout of sickness/diarrhoea.
Diphtheria (N) (C)	Thick grey/white coating at the back of throat, high temperature, sore throat and breathing difficulties	Essential until cleared	Yes	Family must be excluded until cleared by GP. Preventable by immunisation.
Ecoli (N)	Lives in bowel (everybody has it in bowel), is spread through poor hygiene & hand washing, not contagious but can be passed.	48hrs from last bout +	Yes	Children are ok to be at nursery if they have ecoli but be more vigilant on hand washing & hygiene until evidence of clearance.
Food poisoning	Vomiting Diarrhoea, abdominal pain.	Varies	Yes	Until declared fit by GP & 48hrs since last bout.
Gastroenteritis	Diarrhoea, vomiting, tummy pains and fever.	Varies	Yes	While ill with it & still got symptoms, return 48hrs after last bout.
German Measles (Rubella) (C) (N)	Slight cold, sore throat, slight fever, enlarged glands behind ears, pains in small joints, spotty rash, sore eyes.	4 days from onset of rash	Yes if pregnant	Until 4 days from onset of rash. Preventable with immunisation. (MMR x 2 doses).
Glandular Fever	High temperature, severely sore throat, swollen neck glands and fatigue	None	Yes	Once child is fit and well enough within themselves and if seen by a Doctor who declares them well for nursery.

Hand, foot and mouth (C)	Small blisters in these areas and fever. Infectious a few days before blisters appear,	None	Optional	Until well in themselves.
Head Lice (C)	Head scratching presence of eggs, white specks which are stuck to hair, presence of lice.	None	Optional	Advised to get treatment on live lice.
Hepatitis A (N)	Flu like symptoms.	Until 7 days after onset of symptom	Yes	7 days from onset of symptoms.
Hepatitis B/C (N)	Initial symptoms of Hepatitis caused by infection are similar to the flu and include: muscle/joint pain, high temp, sickness, headache and yellowing of the eyes and skin.	None	Yes	Not infectious through casual contact, they are blood bourne.
HIV/ Aids (N)	HIV is a virus which attacks the immune system and weakens your ability to fight infections and disease. The most common symptoms are: fever, sore throat, body rash, tiredness and swollen glands.	None	Yes	Not infectious through casual contact, they are blood bourne.
Impetigo (C)	Yellow oozing sores with scab on top, itchy and sore. Treatment speeds healing.	48 hours +	Yes	Once lesions are dry and healed, usually 5 days and have been treated. 48 hours after starting antibiotics
Infective Jaundice	Gradual onset of headache, loss of appetite, nausea, urine dark, faeces pale putty colour.	14-42	Yes	Until clinical recovery.
Measles (N)(C)	Misery, high temperature, heavy cold with discharging nose and eyes. LATER hard cough and conjunctivitis, red blotchy rash.	4 days from onset of rash	Yes	Until 4 days from onset of rash. Preventable with immunisation. (MMR x 2 doses).
Meningitis (N)(C)	Headache, fever, vomiting, neck stiffness joint pains, drowsiness or confusions, dislike of bright lights, rash or red purple spots.	Until recovered	Yes	Until clinical recovery. Preventable by immunisation.
Molluscum contagiosum	A small, firm, raised papules (spots) that develop on the skin. They are not painful, but can be itchy.	None	None	A self healing condition.
MRSA (meticillin-resistant Staphylococcus aureus) (C) (N)	a discharge of pus. Some people have additional symptoms, such as a high temperature (fever) and a general feeling of being unwell.	After anitbiotics	Yes, antibiotics required.	Good hygiene to reduce spread.
Mumps (C)(N)	Fever, headache, swelling of jaw in front of ears difficulty opening mouth.	5 days after onset of swelling	Yes	Until swelling has subsided, minimum 5 days after onset of swelling. Preventable by immunisation MMR x 2 doses
Poliomyelitis	A serious viral infection, usually prevented by vaccination. Syntoms are high temp, sore throat, headache , aching muscles, tummy pain,feeling and being sick.	3-21	Yes	Until declared infectious by GP and Public Health.
Ringworm	Circular red, raised area with scaly centre, itching if on scalp hair breaks off. Treatment required.	Not usually required	Yes	Until treatment received.

Roseola (Infantum)	A common, usually mild, viral infection that affects babies and toddlers. Distinctive skin rash, which can look alarming but is harmless and a temperature.	None	None	None
Scabies	Burrows visible as red raised spots especially between fingers, intense irritation, sleepiness.	Return after treatment	Yes	Until adequate treatment given, Household and close contact require treatment.
Scarlet Fever (C) (N)	Sudden onset of fever, sore throat, vomiting 'strawberry tongue, flushed cheeks.	48 hours +	Yes, can be dangerous if has at same time as chicken pox.	Until clinical recovery and after treatment. Treatment required, after 48 hours of being treated and rash gone.
Slapped Cheek	Bright red rash on one or both cheeks or blotchiness also on body, contagious.	None, rash must be developed	Optional	Once child is well in themselves. Can only be spread to people once the rash has appeared.
Threadworm	Presence of threadworm in stool, itchy bottom sleepiness lack of appetite.	None	Yes treatment for child and whole household	Until adequate treatment received.
Tonsillitis	Fever, cough, headache and swollen glands, spots on tonsils.	None, 48 hours if antibiotics prescribed	Optional	After 48 hours of treatment if antibiotic & child better.
Verruca (Plant or Warts) (C)	Small solid, grows on feet.	None	Optional	Exclusions from barefoot activities until free from infection.
Whooping Cough (N)(C)	Acute respiratory catarrh, paroxysms of coughing. After treatment non-infectious coughing may continue for weeks.	48 hours +	Yes	2 days from start of antibiotic treatment or 21 days from onset of illness if no antibiotic treatment. Preventable by immunisation.

(C) = Contagious (N) = Notifiable

Children with rashes should be considered infectious and seen by a doctor.