

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.
Chicken Pox	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)
Diarrhoea and Vomiting		1 - 7	-	Until 48hrs after cessation of diarrhoea/vomiting
Food Poisoning	Vomiting, diarrhoea, abdominal pain	0 - 2	-	Until declared fit
German Measles	Slight cold, sore throat, slight fever, enlarged glands behind ears, pains in small joints	14 - 21	0 - 2	Six days from onset of rash
Measles	Misery, high temperature, heavy cold with discharging eyes and nose; later harsh cough, conjunctivitis	7 - 21	3 - 5	Four days from onset of rash
Meningitis	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
Mumps	Fever, headache, swelling of the jaw in front of ears, difficulty opening mouth	12 - 28	-	Five days from onset of swelling
Scarlet Fever	Sudden onset of fever, sore throat, vomiting, 'strawberry' tongue, flushed cheeks, pallor around mouth	2 - 5	1 - 2	24hrs after commencing antibiotics
Whooping Cough	Acute respiratory catarrh, paroxysms of coughing	5 - 14	-	Five days after antibiotic treatment or 21 days if not given antibiotics
Hand, Foot & Mouth Disease	Small blisters in these areas - very contagious	7 - 10 days to end of attack	-	None

Exclusion Periods of Common Infections

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