

Communicable Diseases

Illness	Signs and symptoms	Treatment or action	Incubation	Infectious period/exclusion
Chicken Pox	Fever, very itchy rash with blister-like appearance	Tepid bath containing bicarbonate of soda. Apply calamine lotion to skin to stop itching. Try to stop child scratching to avoid scarring	10-14 days	Up to 5 days before spots appear and until spots become dry
Conjunctivitis "Pink Eye"	Blood shot eyes with discharge	Medical attention. Spread by contact so good personal hygiene can minimise transfer of infectious material		Whilst eye is discharging
Diarrhoea and sickness	Diarrhoea, sickness, dehydration	Replace fluids lost		Whilst symptoms persist, Ofsted guidelines state a child should be kept at home for 48 hours after the last bout of sickness/diarrhoea but we would request 72 hours to avoid infection
Hand, foot and mouth	Red spots on hands and feet. Blisters in mouth	Good personal hygiene important for 2 months after illness. Medical attention is unable to eat or drink	3-5 days	Particularly infectious during period of acute illness but sometimes longer. Exclusion until clinically well
Headlice	Itchy head. Lice and eggs visible in hair. Red rash sometimes appears	Combing with special comb, use of medicated shampoo. All family members should be treated. Long hair is better kept tied back	1 day	Headlice can only move from head to head during prolonged contact (at least 1 minute). Exclusion as soon as noticed and until hair has been treated
Influenza	Extreme cold, symptoms, aches and pains etc	Rest, plenty of fluids. Immunisation available for certain vulnerable groups eg asthma, diabetes, heart or kidney disease	1-5 days	Infectious up to one week after onset. Exclusion until clinically well
Impetigo	Lesions on the skin	Medical treatment. Lesions should be covered and good personal hygiene is important as bacteria is spread by pus on fingers	4-10 days	Infectious until lesions are healed. Exclusion for 48 hours after treatment started
Measles	High fever, runny nose and eyes, later a cough, white	Rest, fluids, tepid sponging. Medical attention to check for complications. If not immunised this can usually be done within 3 days of contact	7-15 days	Infectious from just before illness starts until 4 days after symptoms appear. Exclusion until well
Meningitis and meningococcal diseases	Fever, vomiting, headache, stiff neck, dislike of bright lights, joint/muscle pain, drowsy, difficult to wake, confusion, rash	Medical attention should be sought immediately		Until clinically well

Mumps	Pain and swelling of jaw, painful swallowing, fever	Fluids (may need a straw to drink through) warmth to swelling, pain relief	14-21 days	Infectious from 2 days before to 5 days after onset of swelling. Exclusion until swelling has subsided
Ringworm	Raised red marks on the body	Medical attention should be sought. Pets and farm animals may be a source of infection. Spread by direct skin to skin or indirect contact via combs, clothing etc	10-14 days	Infectious when marks appear. Exclusion until treatment is started
Rubella (German Measles)	Slight cold, sore throat, swollen glands behind ears, slight pink rash	Rest, treat symptoms. Avoid contact with pregnant women	14-21 days	Infectious for about 1 week before and at least 4 days after onset of rash. Exclusion for 7 days after onset of rash
Scabies	Mites make tiny burrows in the skin which itch intensely especially at night. Sites include between fingers, wrists, elbows etc	Medical attention should be sought. All household members and those who have prolonged skin to skin contact should have simultaneous treatment. Mites are transferred during skin to skin contact and via recently infected clothes or bed linen	2-6 weeks 1-4 days if previously infected	Infectious until treated. Exclusion until the day after treatment
Scarlet Fever	Red blotches are the first sign of the rash. Other symptoms: swollen neck glands, loss of appetite, nausea or vomiting, red lines in the folds of the body, such as the armpit, a white coating on the tongue, tongue red and swollen, a general feeling of being unwell	See your GP as soon as possible if you think you or your child has scarlet fever. Although the illness usually clears up after about a week, your GP will be able to confirm a diagnosis and recommend appropriate treatment	1 – 3 days	Exclusion until after 48 hours after starting treatment
Slapped cheek disease	Rash on cheeks, resembling slapped face followed a day or so later by a lace like rash on the body	The virus may unusually cause damage to the foetus in pregnancy so medical advice should be sought	4-20 days	Infectious before onset or rash but probably not after rash. Exclusion until clinically well
Threadworms	Itchy bottom, especially at night. White cotton like threads visible in stools	Treatment available from GP or chemist. All family members should be treated. Eggs can be transferred to mouth on fingers if the bottom is scratched. Good hygiene and adequate treatment is essential	A few days	Highly infectious until treatment. Exclusion until treated
Whooping cough	Snuffly cold, spasmodic cough with whoop sound, vomiting	Medical attention. Rest, fluids, feed after a coughing attack. During an outbreak children under 5 should not be admitted to nursery unless known to be immunised	7-10 days	Infectious from onset until about 3 weeks later (or 5 days if treated with appropriate antibiotics). Exclusion for 3 weeks from onset. If treated can return when clinically well. Unimmunised household contacts under 7 years should be excluded until on antibiotic treatment