

Infectious Diseases

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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
* Campylobacter	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.
Chicken Pox	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.
CONJUNCTIVITIS (VIRAL OR BACTERIAL)	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.
* Cryptosporidium Giardia	<i>Cryptosporidium</i> 1 - 12 days average about 7 days. <i>Giardia</i> 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. <i>Giardia</i> can be cleared by medication.	Until well with no further diarrhoea.
GASTROENTERITIS (VIRAL)	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.
Glandular Fever	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.
Hand, Foot and Mouth Disease	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.
* Hepatitis A	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.
HEPATITIS B <small>(immunisation usually prevents this illness)</small>	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.
Impetigo (School Sores)	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.

