

# CONTAGIOUS CHILDHOOD ILLNESS



A guide for schools and daycares

# Chicken Pox

Viral

Can be  
prevented by  
immunization

Pink spots →  
little blisters →  
crusts

Itchy rash

Spreads through  
direct and  
indirect contact





# Common Cold

- Viral
- Nasal congestions, runny nose, sore throat and cough
- Spreads through direct & indirect contact

# Conjunctivitis – “Pink Eye”

Bacterial and  
viral illness

Itchy red eyes  
with watery  
discharge or pus

Spreads easily –  
Direct and  
indirect

Wash hands



# Fifth Disease



Parvovirus

Red rash on  
cheeks

“slapped cheek”

Lace-like rash on  
body

Sore throat,  
runny nose, fever



# Hand, Foot and Mouth Disease

- Small sore blisters in the mouth
- Skin rash on hands and feet
- Salt water rinses & Frequent hand washing



# Head Lice



Small insects (size of a sesame seed).

Lice eggs or nits are greyish to cream color, and the size of a dot.

Spreads by close head to head contact with infected person or their personal articles that have touched the head.

Discourage sharing of hats and combs

# Herpes Virus – “Cold Sores”

Viral – HSV-1

Appears around  
mouth as ulcer  
and crusts over in  
2-3 days

Contagious for 5  
days during  
recurrent sores

Avoid touching  
the sore.







# Impetigo

Bacterial infection

Skin rash with blisters or red bumps around nose and mouth.

Exclude until 24 hours AFTER starting antibiotics

Wash hands & keep nails short.

# Influenza – “Flu”

Viral infection

Can be prevented  
by immunization

Sudden onset –  
headache, fever,  
chills, fatigue, dry  
cough, sore throat,  
nasal congestion &  
body aches.

Hand washing,  
Rest, Fluids,  
Acetaminophen



# Measles (Rubeola/Red measles)

Viral infection

Can be prevented  
by immunization

Fever, runny nose,  
dry cough, red  
blotchy rash.

Exclude child from  
school/daycare  
until 4 days after  
rash appears.

Report to your Public  
Health Nurse.



# Mononucleosis

Viral infection

Fever, sore throat, swollen glands, skin rash, and fatigue

Frequent hand washing. Do not share drinking containers

Avoid contact with saliva.



# Mumps

Viral illness; Can be prevented with immunization

Fever, tender swollen glands on one or both sides of the neck and face

Report to Public Health Nurse

Exclude child until 5 days after starting the antibiotic.



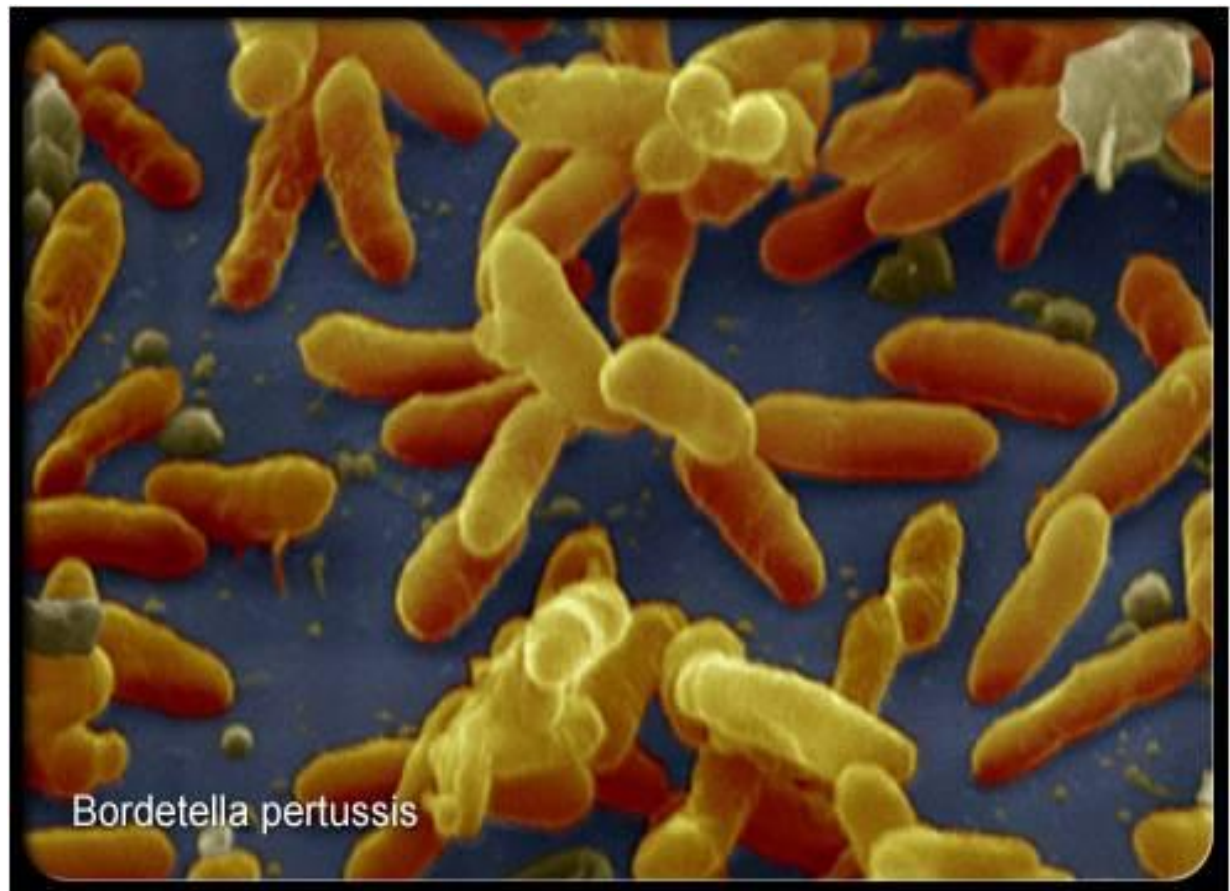
# Pertussis – “Whooping Cough”

Bacterial infection

Preventable with  
immunization

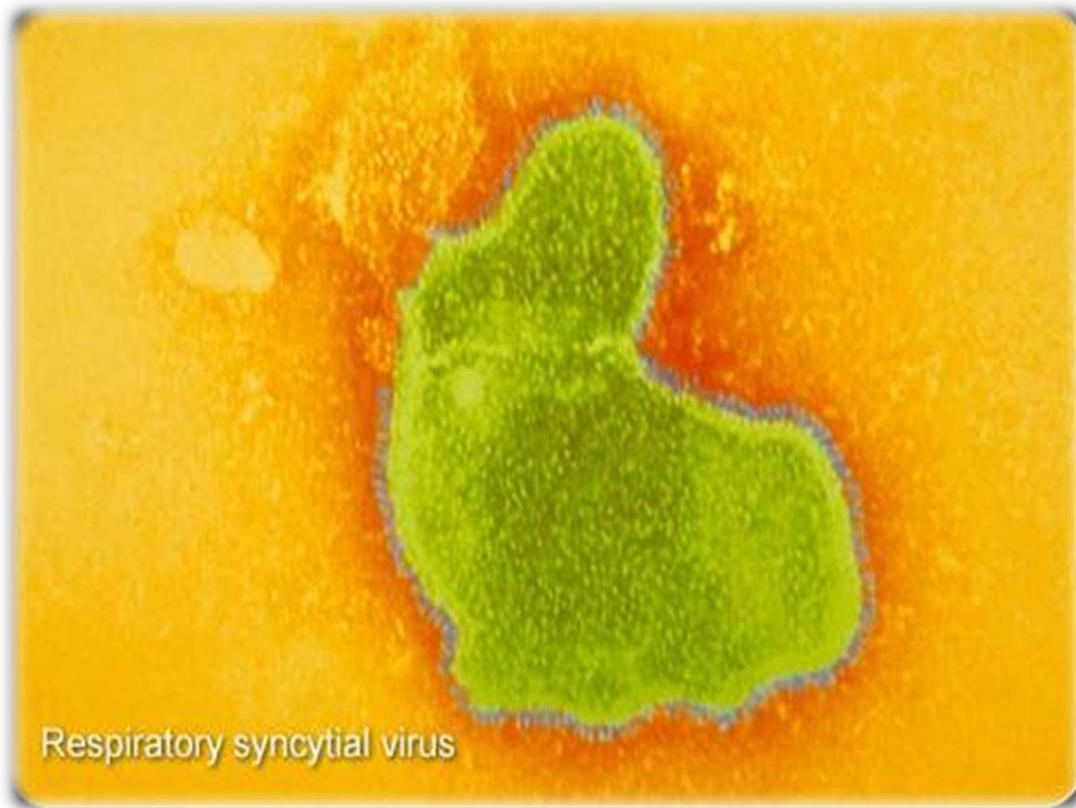
Progresses to a cough  
that occurs in spasms  
during which the child  
may vomit. After the  
coughing spell child  
may give a loud  
whoop when they  
breathe in.

Report to Public  
Health Nurse.





# Respiratory Syncytial Virus -“RSV”



Acute respiratory illness in persons of any age

Usually begins with a runny nose, cough and fever.

Infectious for 3-8 days.

Disinfect eating and drinking utensils, and toys.

Frequent hand washing.



# Ringworm

Fungal infection

Ring shaped red rash- itchy & flakey

Contagious as long as lesions are present

Fungus can persist on contaminated object for long periods of time.

# Roseola – Baby Measles

Viral illness

Fever → rash

Spreads through  
direct contact with  
secretions from the  
nose and throat

Usually occurs in  
children under 4.



# Rubella – “German Measles”

Viral illness

Preventable with  
immunization

Fever with cold-like  
symptoms, and rash  
or swelling behind  
ears

Report to Public  
Health Nurse

Avoid contact with  
pregnant women

Exclude until 7 days  
after onset of rash.





# Scabies

Parasitic infection

Intensely itchy rash, especially at night - Usually on wrists, fingers, and elbows

Everyone in house needs to be treated



# Scarlet Fever



Bacterial illness

Fever, sore throat,  
fine rash, flushed  
cheeks.

Skin may feel  
rough, like  
sandpaper

If untreated, can  
infect others for  
up to 21 days.

Exclude for 24  
hours after starting  
antibiotics.





# Strep Throat

- Sore throat, Sudden fever, Headache, Swollen glands in neck
- Wash hands
- Exclude until 24 hours after starting antibiotic.

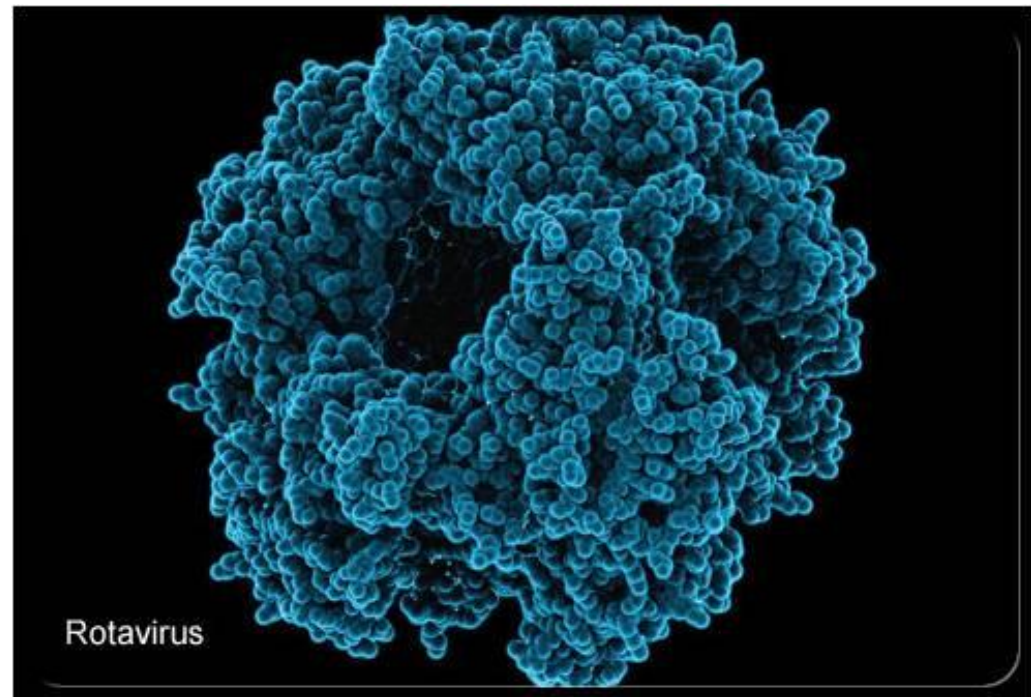
# Gastroenteritis – “Stomach flu”

Commonly a viral illness

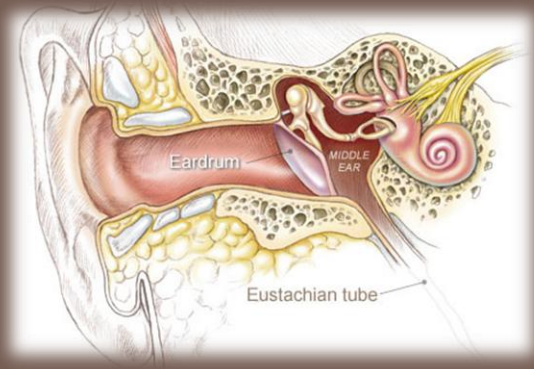
Vomiting and /or watery  
diarrhea

Headache, fever, stomach  
ache.

Parents can encourage rest  
and fluids. Diarrhea can be  
dangerous if not treated  
properly → infected children  
must keep drinking the right  
amount of fluids to avoid  
dehydration



# OTHER COMMON CHILDHOOD ILLNESSES (NOT CONTAGIOUS)



Ear infection



Severe Heat Rash

# References and suggested websites for parents:

<http://www.kidshealth.org>

<http://www.caringforkids.cps.ca/>

<http://www.gov.mb.ca/health/publichealth/cdc/protocol/index.html>

[www.cdc.gov/ncidod/dvrd/revb/gastro/faq.htm](http://www.cdc.gov/ncidod/dvrd/revb/gastro/faq.htm)

## **For information on fever management:**

<http://www.gov.mb.ca/health/documents/fever.pdf>



THE END!

THANK YOU



Interlake-Eastern  
Regional Health Authority