

# Infectious Diseases

Disease/ Infection	This disease is spread by ...	Time between exposure and sickness	Early signs	How long is the child infectious?	Exclusion of child from kindergartens, schools, etc
* <b>Campylobacter</b>	Undercooked food (eg, chicken and meat); food/water contaminated with faeces from infected person or animal. Direct spread from infected person or animal.	1–10 days, usually 2–5 days	Stomach pain, fever and diarrhoea.	Until well, and possibly several weeks after.	Until well with no further diarrhoea.†
<b>Chickenpox</b>	Coughing and sneezing. Also direct contact with weeping blisters.	10–21 days, usually 14–16 days	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.†
<b>Conjunctivitis (viral or bacterial)</b>	Direct contact with discharge from the eyes or with items contaminated by the discharge.	12 hours–12 days	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.†
* <b>Cryptosporidium Giardia</b>	Food or water contaminated with faeces from infected person or animal. Direct spread from infected person or animal.	<b>Cryptosporidium</b> 1–12 days, average about 7 days <b>Giardia</b> 3–25 days, usually about 7–10 days	Stomach pain and diarrhoea.	Until well, and possibly several weeks after. Giardia can be cleared by medication.	Until well with no further diarrhoea.†
<b>Gastroenteritis (viral)</b>	Food or water contaminated with faeces from infected person or animal. Direct spread from infected person.	1–3 days	Vomiting, diarrhoea and fever.	While vomiting and diarrhoea last, and up to 8 days after illness starts.	Until well with no further vomiting or diarrhoea.†
<b>Glandular fever</b>	Transfer of saliva.	4–6 weeks	Sore throat, swollen glands in the neck, fever. Vague ill health for some time.	Prolonged – possibly for one year or more.	Until well enough to return.
<b>Hand, foot and mouth disease</b>	Coughing or poor hand washing. Direct spread from an infected person.	3–5 days	Fever, rash on soles and palms and in 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 the child is well.†
* <b>Hepatitis A</b>	Food or water contaminated with faeces from infected person. Direct spread from infected person.	15–50 days, usually 28–30 days	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 the onset of jaundice.†
*  <b>Hepatitis B</b> <small>Immunisation usually prevents this illness.</small>	Close physical contact with the blood or body fluids of an infected person.	6 weeks–6 months, usually 2–3 months	Similar to Hepatitis A.	Blood and body fluids may be infectious several weeks before signs appear, until weeks or months later. A few people are infectious for years.	Until well.†
<b>Impetigo (School sores)</b>	Direct contact with discharge from infected skin.	Usually a few days, variable	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.†

**For further information contact:**

Your Public Health Nurse

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† or as advised by a GP or the PHS.



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<b>Influenza</b>	Coughing and sneezing and direct contact with respiratory droplets.	1–4 days	Sudden onset of fever with cough, sore throat, muscular aches and headache.	From 1 day before, up to 7 days after illness onset.	Restrict contact activities until well.†
*  <b>Measles</b> <small>Immunisation usually prevents this illness.</small>	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	7–18 days, usually 10 days to onset and 14 days to rash	Running nose and eyes, cough, fever and a rash.	From the first day of illness until 4 days after the rash begins.	At least 4 days from onset of rash.
* <b>Meningitis (Meningococcal)</b>	Close physical contact, such as kissing. Sleeping in the same room.	2–10 days, usually 3–4 days	Generally unwell, fever, headache, vomiting, sometimes a rash. <b>Urgent treatment is required!</b>	For 24 hours after antibiotics are started.	Until well enough to return.
*  <b>Mumps</b> <small>Immunisation usually prevents this illness.</small>	Contact with infected saliva, eg, coughing, sneezing, kissing and sharing food and drink.	12–25 days, usually 16–18 days	Pain in jaw, then swelling in front of ear and fever.	For one week before swelling appears until 9 days after.	Until 9 days after swelling develops, or until child is well, whichever is sooner.
<b>Ringworm</b>	Contact with infected person's skin, clothes or personal items. Also through contaminated floors and shower stalls.	10–14 days	Flat spreading ring-shaped lesions.	While lesions are present, and while fungus persists on contaminated material.	Restrict contact activities, eg, gym and swimming, until lesions clear.
*  <b>Rubella</b> <small>Immunisation usually prevents this illness.</small>	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	14–23 days, usually 16–18 days	Fever, swollen neck glands and a rash on the face, scalp and body. Rubella during early pregnancy can cause abnormalities in the baby.	From 7 days before rash starts until at least 4 days after it has appeared.	7 days from appearance of rash.
* <b>Salmonella</b>	Undercooked food (eg, chicken and meat); food/water contaminated with faeces from infected person or animal; direct spread from infected person or animal.	6–72 hours, usually 12–36 hours	Stomach pain, nausea, fever and diarrhoea.	Until well, and possibly weeks or months after.	Until well with no further diarrhoea.†
<b>Scabies</b>	Direct skin contact with the infected person, and sharing sheets and clothes.	Days–weeks	Itchy rash in places such as forearm, around waist, between fingers and buttocks and under armpits.	Until 24 hours after treatment is started.	24 hours after treatment is started.
<b>Slapped cheek (Human parvovirus infection)</b>	Coughing and sneezing. The virus may be passed from mother to child during pregnancy.	4–20 days	Red cheeks and lace-like rash on body.	For variable time up to appearance of rash.	Unnecessary unless child is unwell.
<b>Streptococcal sore throat</b>	Usually contact with the secretions of a strep sore throat. Sometimes through contaminated food.	1–3 days	Headache, vomiting, sore throat.	For 24 hours after antibiotics are started.	Until 24 hours after antibiotics started.
*  <b>Whooping cough (Pertussis)</b> <small>Immunisation usually prevents this illness.</small>	Coughing. Adults and older children may pass on the infection to babies.	5–21 days, usually 7–10 days	Running nose, persistent cough followed by “whoop”, vomiting or breathlessness.	From runny nose stage and for 3 weeks after onset of cough if not treated with antibiotics, or until 5 days of antibiotic treatment.	21 days from onset of coughing, or after 5 days of antibiotics.

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This resource is available from [www.healthed.govt.nz](http://www.healthed.govt.nz) or the Authorised Provider at your local DHB. [New Zealand Government](http://www.healthed.govt.nz)

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