

INCUBATION AND EXCLUSION OF COMMON INFECTIOUS DISEASES FOR CHILDREN.

DISEASE	USUAL INCUBATION PERIOD	PERIOD OF INFECTIOUSNESS	EXCLUSION PERIOD
CHICKENPOX AND SHINGLES	13-17 days	1-2 days before rash appears until 5 days after rash (7 days shingles)	5- 10 days after last spot appears, and until all the spots have crusted over.
CONJUNCTIVITIS	3-5 days	During the course of active infection (could be up to 14 days)	48 hours after first drops have been given and redness has cleared
COUGHS AND COLDS	2-3 days	Just before and for 3 days after onset of symptoms	Until child fully recovered
COXSACKIE(HAND, FOOT AND MOUTH)	3-6 days	Immediately before and during acute stage of illness, perhaps longer as the virus may be present in faeces for weeks	Until the spots and sores have gone and child feels well
FIFTH DISEASE (SLAPPED CHEEK)	Variable 4-20 days	Until child feels well	Until child fully recovered
GASTRO-ENTERITIS SICKNESS & DIARRHOEA	Varies-a few hours to a few days	Until sickness/diarrhoea stops	Until 48 hours after sickness/diarrhoea stops
GLANDULAR FEVER	4-6 weeks	While virus is present in saliva	Until clinically recovered
HEAD LICE	Eggs hatch and become mature in 1 - 2 weeks	Whilst lice or viable eggs are present	Until commencement of treatment
HEPITITIS A INFECTIOUS	14-42 days	14 days before jaundice to 7 days after	7 days from jaundice starting and child feels well
HERPES SIMPLEX (COLD SORES)	2-12 days	A person may remain infectious for life. Dormant virus may reactivate.	No need to exclude but avoid contact at all time with sores
INFLUENZA (FLU)	2-3 days	Just before and for 3 days after onset of symptoms	Until child fully recovered
MEASLES	7-12 days	2 days before first symptoms until 4 days after onset of rash	5 days after onset of rash
MUMPS	18 days	7 days before swelling until 9 days after	9 days after swelling appears and child feels well
RUBELLA (GERMAN MEASLES)	16-18 days	7 days before rash until 4 days after	Until 6 days after rash appears
SCARLET FEVER	1-4 days	Until 48 hours after antibiotic treatment	Until 48 hours after antibiotic treatment
STREPTOCOCCAL INFECTION(IMPETIGO)	1-3 days	Until the lesions are healed or until 48 hours after the start of effective treatment	Until sores are healed or until 48 hours after antibiotic treatment
WHOOPING COUGH	7-10 days	5 days before cough until 21 days afterwards.	5 days from commencing the antibiotic treatment or 21 days if no antibiotic treatment given

*** If your child has been prescribed antibiotics for ANY reason they must stay away from nursery for at least 48 hours.***