

# LIVINGSTON COUNTY DEPARTMENT OF PUBLIC HEALTH

(517) 546-9850 <http://www.lchd.org>

## Communicable Disease Quick Reference

### General Disease Control Recommendations

- 1) Diagnosis should always be made by a physician. Exclusion period is a minimum and applies to uncomplicated cases. Always notify the Health Department of reportable conditions or unusual occurrence of any condition.
- 2) Exclude children suspected of having a communicable disease until a qualified diagnosis is made.
- 3) Alert other parents of possible occurrence. Suggest Personal Health Fact Sheets at [www.lchd.org](http://www.lchd.org).
- 4) Washing hands with soap and warm water for at least 15 seconds is the best way to prevent the spread of communicable diseases.

DISEASE	INCUBATION PERIOD & MODE OF TRANSMISSION	PERIOD OF COMMUNICABILITY	ACTIONS AND/OR EXCLUSION
Animal Bites (Rabies)	5 days to over 1 year (2-8 weeks commonly)	Dependent on species	Immediate medical attention required. Report to local Animal Control.
Chicken Pox	2-3 weeks, commonly 14-16 days. Airborne	As long as 5 but usually 1-2 days before rash onset to not more than 5 days after first crop of lesions appear.	Exclude until all lesions have dried or crusted, usually 5-6 days after first crop appeared.
Conjunctivitis (Pink Eye)	1-3 days. Direct or indirect contact with discharge from the conjunctiva or upper respiratory tract	During course of active infection.	Exclude until medical care and drainage from eyes has cleared.
Diarrheal diseases	Variable depending on cause Usually fecal-oral	Variable depending on cause	Exclude until symptoms subsided or physician diagnosed and cleared for return.
Fifth's (Hungarian Measles)	4-20 days. Contact with infected respiratory secretions	Prior to onset of rash.	Exclude while fever is present.
Hand Foot and Mouth	3-5 days. Direct contact with nasopharyngeal discharge and feces of infected people. Also, aerosol droplet.	While sores are present, usually 7-10 days. Shed in feces for several weeks.	Exclude until no new sores and other symptoms (fever, sore throat, drooling) resolved.
Hepatitis A	15-50 days (28 commonly). Fecal-oral route	2 weeks before onset of symptoms to a maximum of 1 week after onset	Exclude from food handling or direct care for 7 days after onset. Day care varies.
Hepatitis B	45-180 days (average 60-90 days). Contact with blood or body fluids	Several weeks prior to onset of symptoms until laboratory tests prove no longer infective.	Upon recovery and recommendation from physician. Exclusion unnecessary unless open wounds or biting behavior.
Hepatitis C	14-180 days, commonly 6-9 weeks. Parenteral and less commonly sexual.	Indefinite with chronic infection. One or more week before onset through acute clinical course.	No exclusion necessary except for open wounds which cannot be well covered or biting behavior.

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Herpes Simplex Types I & II	2-14 days. I – Saliva II – Sexual	As long as lesions are present. Can remain in saliva for many weeks after lesions. May be intermittent shedding while asymptomatic.	No exclusion required unless child cannot control drooling. Cover sores on skin.
Impetigo	Variable. 4-10 days commonly. Direct or indirect contact with the lesions and their discharge.	While sores are draining.	Excluded until under treatment, lesions healing and no new lesions appear.
Influenza/ Influenza-like Illness	1-3 days. Respiratory droplets from cough and sneezing. Touching contaminated surfaces.	From one day before to 5-7 days after onset.	Exclude 24 hours after fever has resolved.
Lice (Pediculosis)	1-2 weeks. Direct or indirect contact with an infected person.	Until lice and viable eggs are destroyed.	After treatment of per school / daycare policy.
Meningitis (Aseptic) Viral	Dependant on infectious agent. Person-to-person either by fecal-oral, oral-oral or respiratory route.	Dependant on infectious agent.	Exclude until physician approves return.
Meningitis (HIB)	2-4 days. Direct contact with respiratory droplets of infected person.	As long as organisms present.	Exclude until under treatment and physician approves return.
Meningitis (Meningococcal)	2-10 days. Direct contact with respiratory droplets of infected person.	As long as organisms present.	Exclude until under treatment and physician approves return.
Mononucleosis	4-6 weeks. Person to person via saliva.	Prolonged, possibly greater than one year.	Exclude until under medical care and physician approves return.
Mumps	12-25 days (16-18 days commonly). Airborne	Up to 7 days prior to and 9 days after onset of swelling.	Exclude until 5 days after onset of swelling or other symptoms have disappeared.
MRSA (Staphylococcus aureus, methicillin resistant)	Variable	As long as lesions are open or draining.	No exclusion is recommended from attending school or sports if lesion is kept covered and contained and good personal hygiene is maintained.
Norovirus	Usually 24-48 hours but as early as 12 hours after exposure. Fecal-oral route. Aerosolization of virus from vomitus possible.	Usually 72 hours after recovery of symptoms, but 2 weeks or more is possible	Exclude until symptoms resolve or longer—monitor handwashing. For health care workers/food handlers, exclude for 2-3 days post recovery. For residents in long term care, confine in rooms until 2-3 days post recovery.
Pertussis (Whooping Cough)	Range 6-20 days. Average 7-10 days. Direct contact with respiratory droplets from an infected person.	After onset of cold-like symptoms (first 2 weeks) until 5 days after the start of treatment with appropriate antibiotic.	Exclude until 3 weeks from onset of disease if untreated, or until 5 days after antibiotic treatment started.

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Pinworms	2-6 weeks. Fecal-oral route.	As long as eggs are present	Exclude until first treatment completed.
Rash, undiagnosed, with/without fever	Variable depending on cause.	Variable depending on cause.	Exclude until rash and fever have disappeared or until physician diagnosed and cleared for return.
Ringworm	10-14 days. Direct or indirect contact.	As long as lesions are present.	Exclusion not necessary unless nature of contact with others could promote spread. Exclude from swimming and contact sports until lesions are cleared.
Rotavirus	Usually 1-3 days.	During acute illness. Usually up to 8 days after onset but can be as long as 3 weeks.	Exclude children with diarrhea who use diapers or have toilet accidents. Toilet trained children with no accidents do not need to be excluded.
RSV	2-8 days (commonly 4-6 days). Direct or close contact with secretions.	Commonly 3-8 days. May be 3-4 weeks in young infants.	Asymptomatic or recommendation of physician.
Rubella (German Measles)	Range of 12-23 days, commonly 14-17 days. Airborne.	7 days before to 7 days after rash onset.	Exclude until 7 days after days after onset of rash.
Rubeola (Hard Measles)	About 10 days, may be 7-18 days from exposure to fever onset and usually 14 days before rash onset.	4 days before to 4 days after rash onset.	Exclude until 4 days after onset of rash.
Salmonella	Range 6-72 hours; commonly 12-36 hours.	During course of infection and until organism is no longer in feces (usually several days to several weeks.)	Exclude until symptoms have disappeared. Specific activity exclusion will be based on LCDPH recommendations.
Scabies	First exposure 2-6 weeks, subsequent exposure 1-4 days. Typically direct contact but to a limited extent from undergarments or soiled bed clothing.	Until mites and eggs are destroyed.	Exclude until 24 hours of treatment completed.
Shigella	Range of 12-96 hours; commonly 1-3 days.	During course of infection and until organism is no longer in feces, about 4 weeks after onset.	Exclude until symptoms have disappeared and appropriate stool cultures are negative.
Shingles	No incubation period. Reactivation of dormant virus. Contact with lesions.	5 days before to 7 days after appearance of lesions.	Cover lesions. If lesions cannot be covered exclude until all lesions are crusted.
Strep Throat and Scarlet Fever	1-3 days, rarely longer. Respiratory droplet or direct contact.	Communicability usually ends 24 hours if treated. Ten to 21 days if untreated.	Exclude until under treatment for 24 hours.