

## Recommended exclusion periods for childhood infections

DISEASE	INCUBATION PERIOD	PERIOD WHEN INFECTIOUS	EXCLUSION PERIOD OF INFECTED PERSON	EXCLUSION OF CONTACTS
Athletes Foot	Unknown	Whilst active lesions present	No exclusion but treatment recommended	None
Chicken Pox	11 – 21 days	1 to 2 days before to 5 days after spots develop	For 5 days from onset of rash	None *Female staff see below
Conjunctivitis	Varies	None	No exclusion but treatment is recommended	None
Cytomegalovirus (CMV)	3 – 8 weeks	Someone with CMV infection may shed the virus in body fluid secretions for years	None	None
Diarrhoea & Vomiting	Varies	Whilst having symptoms of diarrhoea and/or vomiting	Until symptom free for 48 hours	None
Diphtheria	2 – 5 days	Variable but usually 2 weeks or less	Until advised clear to return	HPU to advise
E. coli 0157	1 – 6 days	May be up to 3 weeks in children	HPU to advise	HPU to advise
Glandular Fever	4 – 6 weeks	Whilst virus is present in the saliva	None	None

<b>Hand, Foot &amp; Mouth Disease</b>	<b>3 – 5 days</b>	<b>From 2 – 3 days before to a few days after the appearance of rash</b>	<b>None but contact HPU if large numbers (The presence of a rash does not indicate infectivity)</b>	<b>None</b>
<b>Head lice</b>	<b>Eggs hatch in 7 – 10 days</b>	<b>Whilst lice or eggs remain alive on host</b>	<b>None. Parents should be advised to treat their child</b>	<b>None but contacts should be checked</b>
<b>Hepatitis A</b>	<b>2 – 6 weeks</b>	<b>From 14 days before to 7 days after the appearance of first symptoms</b>	<b>Until 7 days from onset of jaundice and the person feels well</b>	<b>HPU to advise</b>
<b>Hepatitis B</b>	<b>6 weeks to 6 months</b>	<b>One month before symptoms to 1 – 3 months after, however it is not infectious under normal nursery conditions (universal precautions should be adhered to)</b>	<b>Until person feels well</b>	<b>None</b>
<b>Hepatitis C</b>	<b>2 weeks to 6 months</b>	<b>As Hepatitis B</b>	<b>Until person feels well</b>	<b>None</b>
<b>Herpes Simplex (cold sore)</b>	<b>2 – 20 days</b>	<b>None</b>	<b>None</b>	<b>None</b>
<b>HIV</b>	<b>1 – 12 weeks</b>	<b>Not infectious under normal nursery conditions (universal</b>	<b>None</b>	<b>None</b>

		precautions should be adhered to)		
<b>Impetigo</b>	<b>4 – 10 days</b>	<b>Whilst lesions present</b>	<b>Until lesions crusted/healed or 48 hours after starting antibiotics</b>	<b>None</b>
<b>Influenza</b>	<b>1 – 3 days</b>	<b>Adults 1 day before until 5 days after onset Children 3 days before until 9 days after onset</b>	<b>Until recovered</b>	<b>None</b>
<b>Measles</b>	<b>7 – 14 days</b>	<b>From a few days before to 4 days after the appearance of the rash</b>	<b>5 days from onset of rash</b>	<b>None *Female staff see below</b>
<b>Meningitis (Viral)</b>	<b>Varies</b>	<b>Depends on guidance</b>	<b>Until person feels well</b>	<b>None</b>
<b>Meningococcal Infection (Meningitis and Septicaemia)</b>	<b>Varies</b>	<b>Whilst organism remains in nose or throat. Most cases of infection are acquired from carriers rather than cases</b>	<b>Until person feels well</b>	<b>None</b>
<b>Molluscum Contagiosum</b>	<b>19-50 days</b>	<b>Whilst lesions are present</b>	<b>None</b>	<b>None</b>
<b>Mumps</b>	<b>12 –25 days (average 18)</b>	<b>From 6 days before to 9 days after onset of illness</b>	<b>5 days from onset of swollen glands</b>	<b>None</b>

<b>Poliomyelitis</b>	<b>3 – 35 days (average 7–14)</b>	<b>Whilst organism is present in the stools</b>	<b>As advised by HPU</b>	<b>HPU to advise</b>
<b>Ringworm (scalp/body)</b>	<b>2 – 4 weeks</b>	<b>Whilst active lesions present</b>	<b>Exclusion is not required but it is recommended that treatment is commenced before return to school/nursery/childcare setting (Symptomatic pets should also be treated)</b>	<b>None</b>
<b>Rubella (German Measles)</b>	<b>14 – 21 days</b>	<b>7 days before to 6 days after onset of rash</b>	<b>6 days from onset of rash</b>	<b>None *Female staff see below</b>
<b>Scabies</b>	<b>Few days to 6 weeks</b>	<b>Whilst mites remain alive on the host</b>	<b>Until 1st treatment completed</b>	<b>None Treat contacts</b>
<b>Scarlet Fever</b>	<b>1 – 3 days</b>	<b>Day sore throat starts to 24 hours after commencing antibiotics</b>	<b>24 hours from commencing antibiotics</b>	<b>None</b>
<b>Shingles</b>	<b>Reactivation</b>	<b>Until 7 days after rash appears</b>	<b>Exclude only if rash weeping and cannot be covered (Can lead to chicken pox in susceptible children)</b>	<b>None</b>

<b>Slapped Cheek (Parvovirus/Fifth Disease)</b>	<b>4 – 20 days</b>	<b>Before the rash appears (but probably not afterwards)</b>	<b>Until clinically well</b>	<b>None *Female staff see below</b>
<b>Threadworms</b>	<b>2 – 6 weeks</b>	<b>Whilst eggs still being produced (Eggs can survive for 2 weeks in the environment)</b>	<b>None Treatment advised</b>	<b>None Treatment advised</b>
<b>Tuberculosis</b>	<b>2 – 10 weeks</b>	<b>Only when sputum contains bacteria</b>	<b>Until person feels well and 2 weeks after treatment started (Contact HPU for advice)</b>	<b>None. Close contacts may be screened</b>
<b>Warts and Verrucae</b>	<b>2 – 3 months</b>	<b>Whilst warts are present</b>	<b>None</b>	<b>None</b>
<b>Whooping Cough (Pertussis)</b>	<b>7 – 10 days</b>	<b>2 – 4 days before until 21 days after start of coughing</b>	<b>5 days from commencing antibiotic treatment</b>	