

3.8 ILLNESS IN CHILD CARE – A QUICK GUIDE

Disease	Symptoms	Infectious?	Remove from Centre
Chicken Pox	Fever Blister type rash	YES, 5 days after onset	YES, from when spots first appear and 5 days after
Cold with Fever	Runny nose, clear discharge, doesn't want to eat, slight cough plus fever – above 37 degrees. Runny nose, green discharge, tired, severe cough, hurts all over	YES, before and during symptoms	YES, from when spots first appear and 5 days after
Common Cold	Runny nose, clear discharge, doesn't want to eat, slight cough	YES, before and during symptoms	NO
Diarrhea #1	Runny stools. If no other problems, check with parent. It could be normal or because of diet	NO	NO
Diarrhea #2	Runny stools, fever above 37°F, bad smell, fussy, cranky, pain and/or vomiting	YES	YES, until doctor says it is not infectious
Ear Infections	Fever, clear discharge from nose, cranky, pulls on ear	NO	NO
Flu	Fever is above 37°F, cranky, in pain, may have runny nose, nausea or vomiting	YES	YES, until symptoms are gone
Hand, Foot and Mouth Disease	Spots on palms of hands, fingers and soles of the feet. Sometimes on the buttocks; for 7 to 10 days	YES	
Herpes Simplex (common cold sore)	Fever blister or sore around mouth	YES	Decide each individual case with a Public Health Nurse
Impetigo	Crusty rash, mostly on face, arms or legs	YES	YES until on antibiotics for 24 hours
Nausea/Vomiting		YES	YES, until it stops for 24 hours
Pink Eye	Thick discharge from one or both eyes, redness or itching of one or both eyes	YES	YES, until seen by a doctor who says child may return
Rashes	Red spots anywhere – can be measles, chicken pox, allergies, impetigo	YES	YES, until doctor says it is not contagious
Sore Throat	Fever, red throat, hurts to swallow (could be strep throat)	YES	YES, until on antibiotics for 24 hours
Lice		YES	YES, until all nits are removed