



RYDAL PENRHOS SCHOOL

INCUBATION AND EXCLUSION PERIODS FOR THE COMMONER INFECTIOUS DISEASES

**PLEASE INFORM THE SCHOOL HEALTH CENTRE ON: 01492 539729
IF YOUR CHILD HAS ANY OF THE CONDITIONS LISTED BELOW.**

Disease	Incubation Period	Symptoms	Recommended Exclusion Period
Chickenpox	14 – 21 days	Rash, sometimes preceded by a slight fever. Crops of small pimples which soon turn into blisters. Mostly on back and chest, few on face, arms and hands.	5 days from onset of rash. Pregnant women in contact should seek advice.
Dysentery, Food poisoning and Gastroenteritis	1 hour – 11 days	Diarrhoea and/or vomiting, sometimes with tummy pain, fever and headache.	Until 24 hours after diarrhoea or vomiting has stopped.
Fifth disease (Slapped Cheek Syndrome)	4 – 20 days	Bright red rash starts on cheek, and may spread. May come and go for 10 – 60 days. Joint pain in adults. Children often remain well.	None. Not infectious once rash is present. Pregnant women in contact should seek advice.
Hand, Foot and Mouth disease	3 – 5 days	Fever, diarrhoea and nausea, followed after 5 days by blisters/ulcers on tongue, inside of cheeks, hands and feet.	None
Head Lice	Eggs hatch in 7 – 10 days	Detection of early infestation is difficult as the eggs are laid on hair very close to the scalp, and use of a detection comb is recommended. Most cases do not itch.	Until treated if live lice are detected.
Hepatitis A	2 – 6 weeks (commonly 4)	Fever, malaise, nausea for a few days before jaundice appears. Children usually have no symptoms.	5 days from onset of jaundice.
Impetigo	4 – 10 days	Blisters containing clear fluid becoming pus-filled or with yellow crusts, surrounded by redness, usually on face. No constitutional upset.	Until lesions are crusted or healed
Meningococcal Meningitis and Septicaemia	2 – 7 days, sometimes longer	Fever, rash (red-purple spots) anywhere on body which does not fade under pressure, severe headache, vomiting, drowsiness, discomfort in bright light and a stiff neck.	None. Antibiotics eradicate carriage in siblings and close contacts.
Mumps	12 – 25 days, sometimes longer	Fever, painful swelling above angle of lower jaw. No rash.	5 days from onset of swollen glands.
Ringworm	4 – 10 days	Flat, spreading, ring-shaped lesions.	None, but appropriate treatment required.
Rubella (German measles)	14 – 23 days	Often no symptoms but perhaps slight fever, headache, sore throat. Rash, usually on first day, small, pink spots on face and neck rapidly spreading all over, lasting 24 to 48 hours.	5 days from onset of rash. Pregnant women in contact with a case should seek advice.
Scabies	Itch usually starts after 3 – 4 weeks	Slightly elevated burrows on skin, usually between fingers and front of wrist. Causes intense itching. Symmetrical rash on trunk, legs and arms.	Until treated.
Scarlet Fever	1 – 3 days	Fever, sore throat, rash on neck and chest.	5 days after starting antibiotic treatment.
Threadworms	2 – 6 weeks	Severe itching around anus, particularly bad at night.	None, but appropriate treatment required.
Whooping Cough (Pertussis)	6 – 20 days	Symptoms of common cold with some cough for 1 – 2 weeks. Then cough changes to repeated spasms with inspiratory “whoop”. May last up to 3 months.	5 days after starting antibiotic treatment.

When the cause is unknown, any child with a rash, diarrhoea or who is generally unwell should be excluded until medical advice has been obtained, or until the child has recovered. Family or other contacts should not be excluded as a routine.

THE SCHOOL HAS A RESPONSIBILITY TO INFORM THE DEPARTMENT OF PUBLIC HEALTH MEDICINE OF ANY OUTBREAK OF DISEASE.

PJS 05/10



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