

# Communicable Diseases and Exclusion from Child Care

The following are guidelines developed for reference.

For more specific information:

- Call your Local Health Department
- Contact the NC Child Care Health & Safety Resource Center (1-800-367-2229)
- Visit the Center for Disease Control and Prevention website *Diseases and Conditions*: [www.cdc.gov/DiseasesConditions/](http://www.cdc.gov/DiseasesConditions/)

Disease	Overview	Symptoms	Prevention	Exclusion
<b>CMV</b> (Cytomegalo-virus)	Viral infection, common in children	-Mild to no symptoms	-Thorough handwashing -Can be harmful to fetus	Do not exclude.
<b>Chicken Pox</b> (Varicella-Zoster infection)	Infection caused by the varicella-zoster virus	-Rash (small, red, blistering bumps) -Fever, runny nose, cough	-Varicella vaccine -Thorough handwashing and surface sanitation -Keep room well ventilated	<b>Contact local Health Dept.</b> <b>Exclude until</b> rash has become dry and crusted.
<b>Diarrhea</b> (Campylobacteriosis)	Infection caused by campylobacter bacteria	-Bloody diarrhea -Fever -Vomiting -Abdominal cramping	-Thorough handwashing and surface sanitation, especially after contact with animals and raw meat	<b>Exclude if</b> bloody or uncontrollable diarrhea.
<b>Diarrhea</b> (E.coli and E. coli 0157:H7)	Infection caused by Escherichia coli and Escherichia Coli 0157:H7 bacteria	-Loose stools (watery or bloody) -Abdominal pain -Fever	-Cook ground beef thoroughly -Use only pasteurized milk and juice products	<b>Contact local Health Dept.</b> <b>Exclude until</b> diarrhea ends, <b>and</b> 2 consecutive negative stool samples 24 hours apart at least 48 hours off antibiotics.
<b>Diarrhea</b> (Giardiasis)	Infection caused by Giardia lamblia parasite	-Watery diarrhea -Excessive gas -Abdominal pains -Decreased appetite -Weight loss	-Thorough handwashing -Caregivers who change diapers should not prepare food	<b>Exclude until</b> diarrhea ends.
<b>Diarrhea</b> (Norovirus)	Viral infection	-Acute onset of watery diarrhea and abdominal cramps -nausea - vomiting	-Thorough handwashing -Surface sanitation	<b>Exclude until</b> diarrhea ends.
<b>Diarrhea</b> (Rotovirus)	Viral infection, most common cause of diarrhea and vomiting	-Non-bloody diarrhea -Nausea and vomiting	-Thorough handwashing and surface sanitation	<b>Exclude until</b> diarrhea ends.

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<b>Diarrhea</b> (Salmonellosis)	Infection caused by Salmonella bacteria	-Diarrhea -Fever -Abdominal cramps -Nausea or Vomiting	-Thorough handwashing -No reptiles -Avoid contact with raw eggs and poultry -Cook eggs and poultry thoroughly	<b>Contact local Health Dept.</b>  <b>Exclude until diarrhea ends, and 2 consecutive negative stool samples at least 24 hours apart and at least 48 hours after taking antibiotics.</b>
<b>Diarrhea</b> (Shigellosis)	Infection caused by the Shigella bacteria	-Loose, watery stools with blood or mucus -Fever, headache -Abdominal pains -Convulsions	-Thorough handwashing -No shared water play -Sanitary diaper changing techniques -Sanitary food handling	<b>Contact local Health Dept.</b>  <b>Exclude until treatment is complete, and 2 consecutive negative stool samples at least 24 hours apart and at least 48 hours after taking antibiotics.</b>
<b>Fifth Disease</b> (Erythema Infectiosum)	Infection caused by Human Parvovirus B19	-Fever, headache -Muscle and joint aches -Red, lace-like rash on torso, arms, and thighs that lasts 1-3 weeks	-Thorough handwashing and surface sanitation -Disposal of tissues contaminated with blood or mucus -Can be harmful to fetus	Do not exclude <b>unless</b> person has sickle cell syndrome, immune deficiency, or ordered by a health care professional.
<b>German Measles</b> (Rubella)	Uncommon, mild infection caused by Rubella virus	-Red or pink rash on the face and body -Swollen glands behind ears -Slight fever	-MMR vaccine. <i>Required.</i> -Can be very harmful to fetus	<b>Contact local Health Dept.</b>  <b>Exclude for 6 days after the beginning of the rash.</b>
<b>Hand-Foot-and-Mouth Disease</b> (Coxsackievirus)	Infection caused by Coxsackie-virus, more common in summer and fall	-Tiny blisters in the mouth, on the fingers, palms or hands, buttocks, and soles of feet -Common cold-like symptoms (i.e. sore throat, runny nose, cough, and fever)	-When coughing or sneezing cover mouths and noses with a disposable tissue -Thorough handwashing after handling contaminated tissues or changing diapers	Do not exclude.

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<b>Head Lice</b> (Pediculosis Capitis)	Small insects that draw blood from the scalp and lay tiny eggs (Nits) on hair shafts	-Itchy skin on scalp or neck -Scratching around ears and at the nape of the neck -White nits glued to hair	-Do not share brushes, hats, blankets, or pillows -Launder contaminated fabric with hot water and high-heat drying	<b>Exclude until</b> after treatment recommended by health care professional.
<b>Hepatitis A</b> (HAV)	Viral infection, causes liver inflammation	-Fever, fatigue -Jaundice (yellowing of skin or eyes) -Decreased appetite, abdominal pain	-HAV vaccine. <i>Not required.</i> -Regular and thorough handwashing	<b>Contact local Health Dept.</b> Exclusion is dependent upon local and state Health Department guidelines.
<b>Hepatitis B</b> (HBV)	Viral infection, causes liver inflammation	-Flu-like symptoms, fatigue, decreased appetite -Jaundice -Joint pain	-HBV vaccine. <i>Required.</i> -Cover open wounds or sores -Sanitize surfaces that have been contaminated with blood	<b>Exclude if</b> weeping sores, biting or scratching behavior, or a bleeding problem.
<b>Hepatitis C</b> (HCV)	Viral infection, causes liver inflammation	-Nausea, decreased appetite, fatigue -Jaundice -Muscle and joint pain	-Cover open wounds or sores -Sanitize surfaces contaminated with blood	<b>Exclude if</b> weeping sores, biting or scratching behavior, or a bleeding problem.
<b>HIV/AIDS</b>	Viral infection, progressively destroys the body's immune system	-Slow or delayed growth -Enlarged lymph nodes -Swelling of salivary glands -Frequent infections	-Wear gloves when handling blood or blood-containing fluids -Sanitize surfaces that have been contaminated with blood	Do not exclude, <b>unless</b> ordered by a health care professional.
<b>Impetigo</b>	Infection caused by streptococcal or staphylococcal bacteria	-Small, red pimples or fluid-filled blisters with crusted, yellow scabs on the skin	-Thorough handwashing -Disinfect and cover any open sores or wounds	<b>Exclude as soon as</b> infection is suspected and <b>return after 24</b> hours of medication.
<b>Influenza</b>	Infection caused by a number of respiratory viruses	-Fever, chills, headache -Cough and sore throat -Muscle aches -Decreased energy	-Flu vaccine. <i>Not required but advised.</i> -Thorough handwashing	Do not exclude, <b>unless</b> ordered by a health care professional.

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<b>MRSA</b> (Methicillin Resistant Staphylococcus aureus)	Infection caused by Staph bacteria resistant to broad-spectrum antibiotic treatment	-Small, red, pimple-like bumps -Abscesses (collection of pus under the skin)	-Thorough handwashing and surface sanitation -Do not share towels, clothing, or bedding -Keep wounds covered	<b>Exclude if open</b> , draining sores can not be covered and the dressing kept dry. Complex cases should be cleared by a health care professional.
<b>Measles</b> (Rubeola)	Infection caused by the measles virus, highly contagious	-Fever, cough, runny nose, red and watery eyes -Small, red spots in mouth -Rash spreading from the hairline downward	-MMR vaccine. <i>Required.</i> -Thorough handwashing and surface sanitation	<b>Contact local Health Dept.</b> <b>Exclude for</b> at least 4 days after the beginning of the rash.
<b>Meningitis</b> ( <i>Pneumococcus</i> , <i>Meningococcus</i> )	Bacterial or viral infection, causes swelling or inflammation of brain and spinal cord tissue	-Fever, headache -Nausea, loss of appetite -Stiff neck -Confusion, drowsiness, irritability	-Hib vaccine. <i>Required.</i> -Thorough handwashing	<b>Contact local Health Dept.</b> <b>Exclude</b> as soon as infection is suspected <b>until</b> cleared by a health care professional.
<b>Molluscum Contagiosum</b>	Skin infection caused by a virus, similar to warts	-Small, flesh-colored bumps on the skin	-Thorough handwashing after touching bumps -Do not share towels, wash cloths, or blankets used by an infected child.	Do not exclude.
<b>Mononucleosis</b> (Mono)	Infection caused by the Epstein-Barr virus	Mild to no symptoms in young children.	-Thorough handwashing -Do not share objects contaminated with mucus	Do not exclude, <b>unless</b> ordered by a health care professional.
<b>Mumps</b> (Rubulavirus)	Viral infection with swelling of one or more salivary glands	-Swollen glands -Fever, headache, earache	-MMR vaccine. <i>Required.</i>	<b>Contact local Health Dept.</b> <b>Exclude for</b> at least 9 days after the beginning of swelling.

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<b>Pink Eye</b> (Conjunctivitis)	Bacterial or viral infection, causes inflammation of eye tissue	<ul style="list-style-type: none"> <li>-Red or pink, swollen, itchy eyes</li> <li>-Yellow or green discharge and crusting in the eyes</li> </ul>	<ul style="list-style-type: none"> <li>-Thorough handwashing before and after touching the eyes, nose, and mouth</li> <li>-Thorough sanitation of objects commonly touched by hands or faces</li> </ul>	<b>Exclude if bacterial</b> until treatment has begun with antibiotic eye drops, or if health care professional recommends exclusion.
	Other causes: allergies and blocked tear ducts in infants			
<b>Pneumonia</b>	Bacterial or viral infection, causes Inflammation of lungs	<ul style="list-style-type: none"> <li>-Cough, fever</li> <li>-Difficulty breathing</li> <li>-Loss of appetite</li> <li>-Muscle aches</li> <li>-Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>-Thorough handwashing and surface sanitation</li> <li>-Dispose tissues contaminated with mucus</li> </ul>	Do not exclude <b>unless</b> person has sickle cell syndrome, immune deficiency, or is ordered by a health care professional.
<b>Pinworms</b> (Enterobias)	Infection caused by small threadlike round worm	-Itching and irritation around the anal or vaginal area	<ul style="list-style-type: none"> <li>-Thorough handwashing and sanitation of hard surfaces and toys</li> <li>-Change bedding often</li> </ul>	Do not exclude.
<b>RSV</b> (Respiratory Syncytial Virus)	Viral infection caused by Respiratory Syncytial virus, causes common cold, occurs mostly in winter and early spring	<ul style="list-style-type: none"> <li>-Cold-like symptoms</li> <li>-Respiratory problems (wheezing, difficulty breathing)</li> <li>-labored breathing or blue episodes</li> </ul>	<ul style="list-style-type: none"> <li>-Thorough handwashing and sanitation of hard surfaces and toys</li> <li>-Dispose of tissues contaminated with mucus</li> </ul>	Do not exclude <b>unless</b> rapid or labored breathing or blue, or person has sickle cell syndrome, immune deficiency, or is ordered by a health care professional.
<b>Ringworm</b>	Infection caused by several kinds of fungi, may affect the body, feet, or scalp	<ul style="list-style-type: none"> <li>-Red, circular patches on the skin</li> <li>-Cracking and peeling of skin between toes</li> <li>-Redness, scaling of scalp</li> </ul>	<ul style="list-style-type: none"> <li>-Cover skin lesions</li> <li>-Do not share objects that come in contact with the head (hats, brushes, bedding, etc.)</li> </ul>	<b>Exclude until</b> treatment is started.
<b>Roseola</b> (Human Herpesvirus 6)	Viral infection causing a rash in children ages 6-24 months old	<ul style="list-style-type: none"> <li>-High fever</li> <li>-Red, raised rash</li> </ul>	-Thorough handwashing	Do not exclude.

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<b>Scabies</b> (Sarcoptes scabiei)	Infestation on the skin by small insects (mites)	-Rash, severe itching -Itchy red bumps or blisters in skin folds	-Contain clothing and bedding that can not be laundered in plastic bags for at least 4 days -Launder bedding and clothing in hot water with a hot dry cycle	<b>Exclude until</b> treatment recommended by health care professional is completed.
<b>Strep Throat</b>	Infections caused by Group A streptococcus bacteria	-Sore throat, fever, headache -Decreased appetite, stomachache -Swollen lymph nodes	-Thorough handwashing -Avoid direct contact with potentially infected individuals	<b>Exclude until</b> antibiotics have been administered for at least 24 hours.
<b>Scarlet Fever</b>		-Sunburn-like rash with tiny bumps that may itch -Fever, sore throat, swollen glands -Yellow or white coating on tongue and throat		
<b>TB</b> (Tuberculosis)	Infection caused by a bacterium, usually affecting the lungs	-Chronic cough -Weight loss -Fever, chills, night sweats -Positive skin test	-When coughing or sneezing cover mouths and noses with a disposable tissue	<b>Contact local Health Dept.</b> <b>Exclude until</b> cleared by a health care professional.
<b>Whooping Cough</b> (Pertussis*)	Contagious bacterial infection that causes mild to severe coughing	-Cold-like symptoms -Coughing that leads to vomiting, loss of breath, or blue face -Whooping sound when inhaling after coughing	-DTaP vaccine, for children less than 7 years of age. -Tdap vaccine, for persons 10 years and older. -Thorough handwashing	<b>Contact local Health Dept.</b> <b>Exclude until</b> at least 5 days of antibiotic treatment has been completed.