

Springwater Child Care Centre Health Policy

- Fever
- Diarrhea
- Vomiting
- Skin Rash
- Common Cold and Cough
- Pink Eye (Conjunctivitis)
- Croup
- Acute Respiratory Illness
- Fifth Disease
- Gastroenteritis
- Hand Foot and Mouth
- Impetigo
- Ear Infections
- Herpes Simplex Virus
- Molluscum Contagiosum
- Norovirus
- Whooping Cough
- Strep Throat or Scarlet Fever
- Respiratory Syncytial Virus (RSV)
- Roseola Infantum
- Rotavirus
- Head Lice
- Pinworms
- Scabies
- Chicken Pox
- Covid-19

***Illness, Fever, and Rash Protocol

If your child begins exhibiting symptoms of illness while in care, you will be contacted to pick them up. If your child's temperature reaches **104°F (40°C) or higher, 911 will be called immediately** for medical assistance.

If your child develops a fever while at the Centre, we do keep **Tylenol and Advil** on hand and can administer a dose **while you are on your way** to pick them up (with your verbal consent).

Please note that if you give your child **any fever-reducing medication** (e.g., for teething or other discomforts), they **may not attend care for at least 24 hours after the effects of the medication have worn off**, to ensure they are symptom-free and well enough to participate in the program.

If your child develops **any type of rash**, even if you believe it is related to something minor (e.g., heat, drool, or irritation), a **doctor's note stating "not contagious"** is required before they can return to care. Notes stating "fit for child care" will **not** be accepted.

Fever

DESCRIPTION AND SYMPTOMS	A fever is considered a temperature of 100 degrees F (38 degrees C) or higher. Signs and symptoms that may accompany a fever are excessive crankiness, vomiting, diarrhea, cough, rash, earache, headache, sore throat and crying.
HOW IT IS SPREAD	A fever is often the body's way of indicating there is an infection or illness. It can be spread many ways; through droplets in the air, stool, direct physical contact, or contaminated objects.
INCUBATION PERIOD (exposure date to first signs of illness)	The incubation period depends on the infection or illness causing the fever.
INFECTIOUS PERIOD (when the disease can be passed to others)	A fever itself isn't contagious, but the infection causing the fever usually is. The <i>infectious period</i> (the time during which someone can spread the illness) depends entirely on what's causing the fever.
EXCLUSION POLICY	Child should stay at home until fever is gone for at least 24 hours without the aid of medication and child is feeling well enough to participate in programming.

Diarrhea

DESCRIPTION AND SYMPTOMS	Diarrhea is considered 2 or more watery stools in one day. Or a change in the child's usual pattern (both in frequency and consistency)
HOW IT IS SPREAD	Germs that are the cause of diarrhea are found in feces. If personal hygiene is insufficient, stool may contaminate hands, food, water, surrounding objects and surfaces where germs can survive for long periods of time.
INCUBATION PERIOD (exposure date to first signs of illness)	Like fever, diarrhea is a symptom , not a disease, so the incubation period depends on <i>what is causing it</i> .
INFECTIOUS PERIOD (when the disease can be passed to others)	Like with fever, diarrhea itself isn't contagious , but the infection causing it usually is.
EXCLUSION PERIOD	Child may return 48 hours after the last episode of diarrhea, and they have had a regular bowel movement. Unless we have been otherwise directed by the Health Unit.

Vomiting

DESCRIPTION AND SYMPTOMS	Vomiting (also called “throwing up”) is the forceful emptying of the stomach’s contents through the mouth. It is a symptom, not a disease on its own, and is most often caused by a viral or bacterial infection, food-related illness, or occasionally by motion sickness or other medical conditions. Common Symptoms That May Accompany Vomiting: • Nausea (feeling sick to the stomach) • Stomach pain or cramps • Diarrhea • Fever or chills • Loss of appetite • Fatigue, weakness, or irritability • Headache or body aches • Dehydration signs such as dry mouth, fewer wet diapers, or dizziness
HOW IT IS SPREAD	Spread easily through contact with contaminated hands, surfaces, or food.
INCUBATION PERIOD (exposure date to first signs of illness)	Vomiting itself doesn’t have a set incubation period because it’s a symptom , not a specific illness.
INFECTIOUS PERIOD (when the disease can be passed to others)	Vomiting itself is not contagious, but the virus or bacteria causing it often is.
EXCLUSION POLICY	Child may return 48 hours after last episode of vomiting and child is feeling well enough to participate in programming. Unless we have otherwise been directed by the Health Unit.

Skin Rash

DESCRIPTION AND SYMPTOMS	Any spots, hives, blotches etc. covering any area of the child’s body. Should a rash be observed during the day, parents/guardians will be notified and required to pick up their child for further assessment.
HOW IT IS SPREAD	Depending on the cause of the rash, through direct contact, air droplets, contaminated objects etc.
INCUBATION PERIOD (exposure date to first signs of illness)	Depends on the rash.
INFECTIOUS PERIOD (when the disease can be passed to others)	Depends on the rash.
EXCLUSION PERIOD	If a child has an unknown rash, they must have a doctor’s note stating they are not contagious . We will not accepted notes that say they are fit for child care.

Common Cold and Cough

DESCRIPTION AND SYMPTOMS

The **common cold** is a viral infection of the upper respiratory tract, most often caused by rhinoviruses, coronaviruses (non-COVID-19 strains), or respiratory syncytial virus (RSV). It spreads easily through droplets in the air or by touching contaminated surfaces. A **cough** may develop as part of the body's natural response to clear mucus or throat irritation.

Common Symptoms:

- Runny or stuffy nose
- Sneezing
- Sore or scratchy throat
- Cough (dry or phlegmy)
- Mild fever (more common in young children)
- Fatigue or general irritability
- Watery eyes
- Mild headache or body aches
- Decreased appetite

HOW IT IS SPREAD

Spreads easily through droplets from coughing, sneezing, or contact with contaminated surfaces.

INCUBATION PERIOD

(exposure date to first signs of illness)

1 to 3 days after exposure to the virus.

INFECTIOUS PERIOD

(when the disease can be passed to others)

Children and adults are **most contagious during the first 2–3 days** of illness but can spread the virus for **up to 7–10 days** after symptoms begin. Young children or those with weakened immune systems may remain contagious for longer.

EXCLUSION POLICY

Parents are urged to keep their children home at the first sign of a cold. Many times, symptoms of colds are also a sign of other childhood diseases and are contagious to others. Child should be improving for 24 hours before returning.

PINK EYE (CONJUNCTIVITIS)

DESCRIPTION AND SYMPTOMS

Pink eye may be caused by bacteria, viruses, or allergies.

Symptoms include:

- pink/red eye
- fever
- swelling of eye lids
- pain in the eye(s)
- lots of tears and/or thick sticky drainage from the eye(s) that crusts to eyelids/lashes

If caused by pathogens it can be spread from person to person.

IMMUNIZATION AVAILABILITY

No vaccine available.

HOW IT IS SPREAD

Direct contact: When a child with pink eye touches the discharge from their eye and then touches another child.

Indirect contact: When an object that is contaminated with the pathogen, such as a tissue, is touched or touches another person's eyes.

Droplet: When pink eye is caused by a common cold, droplets from a sneeze or cough can also spread it.

INCUBATION PERIOD (exposure date to first signs of illness)	Depends on the pathogen. Symptoms typically develop in 24 to 72 hours for bacterial infections and five to 12 days or longer for viral infections.
INFECTIOUS PERIOD (when the disease can be passed to others)	Both bacterial and viral pink eye are contagious while symptoms are present. Pink eye caused by bacteria is not contagious once antibiotics have been taken for 24 hours.
EXCLUSION PERIOD	Most pink eye infections are viral (like a cold), and therefore child should stay at home until fever is gone for at least 24 hours, and child is feeling well enough to participate in programming. If a diagnosis of bacterial pink eye is made, child can attend 24 hours after start of antibiotics. With a diagnosis of viral or bacterial, there must be no discharge upon return.

Croup

DESCRIPTION AND SYMPTOMS	An infection caused by viruses, most commonly parainfluenza. Symptoms of croup are similar to other upper respiratory tract infections and include: • sudden onset of barking cough • fever • higher-pitch noise on inhale • hoarseness • difficulty breathing unusually tired Symptoms worsen at night.
IMMUNIZATION AVAILABILITY	Some vaccines available, depending on virus.
HOW IT IS SPREAD	Through large respiratory droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.
INCUBATION PERIOD (exposure date to first signs of illness)	Variable as it depends on the pathogen.
INFECTIOUS PERIOD (when the disease can be passed to others)	Variable but usually while fever is present.
EXCLUSION PERIOD	Child should stay at home until fever has been gone for at least 24 hours, and child is feeling well enough to participate in programming.

ACUTE RESPIRATORY ILLNESS

DESCRIPTION AND SYMPTOMS

Acute respiratory illnesses (ARI) can be caused by viruses or bacteria. They can range from the common cold to serious diseases like measles. **When symptoms start, they are generally broken down into two groups:**

- upper respiratory tract infections involving nose, mouth, throat, ears
- lower respiratory tract infections involving trachea (windpipe) and lungs

Upper respiratory tract infections (URTI) symptoms:

- cold-like symptoms (cough, runny nose, watery eyes)
- fever
- earaches
- sore throat most URTI symptoms go away on their own

Lower respiratory tract infections (LRTI) symptoms:

- fever
- chest pain
- rapid breathing
- inability to catch breath
- wheezing
- loss of appetite
- unusually tired
- vomiting and diarrhea

It is only through testing that you can confirm which organism is causing the symptoms.

IMMUNIZATION AVAILABILITY

Some vaccines available, depending on pathogen.

HOW IT IS SPREAD

Through large respiratory droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.

INCUBATION PERIOD

(exposure date to first signs of illness)

Variable as it depends on the pathogen.

INFECTIOUS PERIOD

(when the disease can be passed to others)

Variable but usually while fever is present.

EXCLUSION PERIOD

Child should stay at home until fever has been gone for at least 24 hours without the aid of medication and child is feeling well enough to participate in programming.

FIFTH DISEASE (ERYTHEMA INFECTIOSUM OR PARVOVIRUS B19)

DESCRIPTION AND SYMPTOMS	A mild viral illness common in late winter/early spring that typically starts with: • a low-grade fever, headache, nausea and mild cold-like symptoms • a red rash on cheeks that looks like a slap; often referred to as "slap-cheek syndrome" • one to four days later, a red lace-like rash appears, first on the arms, then on the rest of the body • rash comes and goes for several weeks
IMMUNIZATION AVAILABILITY	No vaccine available.
HOW IT IS SPREAD	Through large respiratory droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.
INCUBATION PERIOD (exposure date to first signs of illness)	Through the air by droplets from sneezing and coughing, or by touching objects contaminated with the nose and throat secretions of an infected person.
EXPOSURE DATE TO FIRST SIGNS OF ILLNESS	Variable, from four to 14 days but can be as long as 21 days.
INFECTIOUS PERIOD (when the disease can be passed to others)	Most infectious before onset of rash (seven to 10 days before rash onset). By the time the rash appears, child is no longer contagious.
EXCLUSION PERIOD	Child should stay at home until fever has been gone for at least 24 hours, and child is feeling well enough to participate in programming. (See rash policy)

GASTROENTERITIS

DESCRIPTION AND SYMPTOMS

An enteric illness caused by a variety of viruses, bacteria and parasites.

Signs and symptoms may include:

- diarrhea
- nausea
- vomiting
- fever
- abdominal cramps
- dehydration

Children with gastroenteritis are more susceptible to dehydration and should be monitored.

Signs of dehydration include:

- sunken eyes
- persistent vomiting
- decreased urine output

IMMUNIZATION AVAILABILITY

Generally, no vaccines are available for common pathogens that cause enteric symptoms however rotavirus can be prevented by vaccine.

HOW IT IS SPREAD

Pathogens are generally found in stool and can be spread by hands that have not been washed after using the toilet. Also, food or water can be contaminated with pathogens from the stool of an infected person or animal.

INCUBATION PERIOD

(exposure date to first signs of illness)

Variable as it depends on the pathogen.

INFECTIOUS PERIOD

(when the disease can be passed to others)

While experiencing signs and symptoms of illness, and possibly later while the pathogen continues to be shed in the stool.

EXCLUSION PERIOD

Child should stay home until symptom-free for 48 hours. Certain reportable infections may require exclusion until tests are negative. The health unit will work with family/guardians on exclusion from child care or school as necessary.

HAND FOOT & MOUTH DISEASE

DESCRIPTION AND SYMPTOMS	A viral illness which may cause: • fever • headaches • loss of appetite • painful ulcers in the mouth • sore throat • vomiting • diarrhea • lack of energy • a skin rash that looks like red spots, often with small blisters on top, that appears on the hands (palms) and feet (soles), buttocks and sometimes other places on the body
IMMUNIZATION AVAILABILITY	No vaccine available.
HOW IT IS SPREAD	Through the air by droplets from sneezing and coughing or by touching objects contaminated with the nose and throat secretions of an infected person.
INCUBATION PERIOD (exposure date to first signs of illness)	Three to six days.
INFECTIOUS PERIOD (when the disease can be passed to others)	Most infectious during the first week of illness but the virus can remain in the body for weeks after symptoms go away.
EXCLUSION POLICY	Child should stay at home until fever has been gone for at least 24 hours, and child is feeling well enough to participate in programming. Child may return with rash if it is not open and oozing. (see rash policy)

IMPETIGO

DESCRIPTION AND SYMPTOMS	A common skin infection caused by bacteria (usually the same bacteria that causes strep throat). Symptoms include: • a rash with a cluster of red bumps or blisters • blisters may be sore and ooze or be covered with a honey-coloured crust Usually affects: • face (mouth, nose), hands, neck and arms/legs **The rash will spread through scratching.
IMMUNIZATION AVAILABILITY	No vaccine available.
HOW IT IS SPREAD	Through direct contact with moist discharge from the blisters.
INCUBATION PERIOD (exposure date to first signs of illness)	Depends on bacteria, usually one to 10 days, rarely longer.
INFECTIOUS PERIOD (when the disease can be passed to others)	From onset of rash until 24 hours after the start of treatment with antibiotics. Impetigo is contagious while lesions are draining and without antibiotics, can be infectious for weeks.
EXCLUSION POLICY	Child can attend if all lesions are covered. May attend 24 hours after antibiotic treatment started if lesions are not covered.

MIDDLE EAR INFECTIONS (OTITIS MEDIA)

DESCRIPTION AND SYMPTOMS	A common infection in children caused by viruses or bacteria. Pathogens cause inflammation in the tube connecting the ear to the throat. Inflammation can be caused by a recent illness like a cold or by exposure to irritants such as second-hand smoke or allergies. Symptoms include: • complaining that "ear hurts" • an unexplained fever • headache • decreased appetite, vomiting, diarrhea • being cranky/irritable • trouble sleeping • trouble hearing quiet sounds • tugging or pulling of ears Some children may also have fluid draining from the ear.
IMMUNIZATION AVAILABILITY	For most of the viruses and bacteria that cause ear infections, vaccines are not available. Pneumococcal vaccine for children may provide some protection against ear infections. Pneumococcal Conjugate 15 is offered as a part of the routine infant schedule at 2, 4 and 12 months of age. Other vaccines may be available for children with complex medical conditions.
HOW IT IS SPREAD	The pathogens that cause coughs and colds are spread through direct contact with the discharge from nose and mouth from sneezing and coughing.
INCUBATION PERIOD (exposure date to first signs of illness)	Depends on the pathogen.
INFECTIOUS PERIOD (when the disease can be passed to others)	Ear infections themselves are not contagious. However, the pathogens that may cause ear infections such as coughs and colds are contagious. The contagious time period depends on the pathogen.
EXCLUSION PERIOD	Child should stay at home until fever has been gone for at least 24 hours and child feeling well enough to participate in programming. Children will be excluded from the Centre if they have any discharge from their ears.

HERPES SIMPLEX VIRUS

DESCRIPTION AND SYMPTOMS	During the initial infection, children and adolescents may not display any symptoms. Symptoms may include: • fatigue • muscle aches and pains • fever • tender and enlarged glands below lower jaw • irritability • sores on the mouth that more, usually outside the mouth, on lips, nose, cheeks or chin; if inside the mouth, usually on the gums or roof of mouth
IMMUNIZATION AVAILABILITY	No vaccine available.

HOW IT IS SPREAD	Through contact with infected secretions or mucous membranes/skin with lesions from someone who is ill. Transmission of can also occur by respiratory droplets.
INCUBATION PERIOD (exposure date to first signs of illness)	Three to six days.
INFECTIOUS PERIOD (when the disease can be passed to others)	Most infectious during the first week of illness but the virus can remain in the body for weeks after symptoms go away.
EXCLUSION PERIOD	Child should stay at home until fever has been gone for at least 24 hours and child feeling well enough to participate in programming. Rash is not a reason to keep the child at home. Covered until scabbed.

MOLLUSCUM CONTAGIOSUM

DESCRIPTION AND SYMPTOMS	A common, mild skin disease caused by a virus. Although Molluscum can occur at any age, it is most common in children 1-to-10-years of age. Symptoms include: • raised, round, skin-coloured bumps • small bump with a small dent near the centre • itchy, pink bumps Bumps can be found anywhere on the body.
IMMUNIZATION AVAILABILITY	No vaccine available.
HOW IT IS SPREAD	Transmitted by direct contact with the skin of an infected person or contaminated surfaces/objects.
INCUBATION PERIOD (exposure date to first signs of illness)	Two weeks to six months.
INFECTIOUS PERIOD (when the disease can be passed to others)	If the bumps are present.
EXCLUSION PERIOD	Can attend. Bumps must be covered up.

NOROVIRUS

DESCRIPTION AND SYMPTOMS	A viral infection that is a common cause of enteric outbreaks. Symptoms begin suddenly and last 24 to 72 hours. Most common symptoms include: • nausea • vomiting • diarrhea • stomach cramps Symptoms can also include a low-grade fever, chills, headache, muscle aches and fatigue. The most common complication is dehydration.
IMMUNIZATION AVAILABILITY	No vaccine available.
HOW IT IS SPREAD	Norovirus is found in the stool and vomit of an infected person. It is very contagious and can be easily spread through direct contact with an infected person, touching surfaces that have been contaminated, or through contaminated food or water. The virus can survive on environmental surfaces for several days.
INCUBATION PERIOD (exposure date to first signs of illness)	12 to 48 hours.
INFECTIOUS PERIOD (when the disease can be passed to others)	Norovirus is most contagious while individuals are experiencing symptoms however it may be spread for two to three weeks after symptoms have ended.
EXCLUSION PERIOD	Should stay at home until symptom-free for at least 48 hours. Exclusion period may be increased during an outbreak.

WHOOPIING COUGH (PERTUSSIS)

DESCRIPTION AND SYMPTOMS	A bacterial illness of the respiratory tract with sudden onset. First symptoms are similar to a cold and may include: • sneezing • runny nose • low-grade fever • mild cough Within weeks may have: • severe coughing spells followed by a crowing or high-pitched whoop • mucus discharge and vomiting may occur due to cough Young infants may not have “whoop” but may stop breathing momentarily.
IMMUNIZATION AVAILABILITY	Vaccine available. Routinely given as part of the infant series at 2, 4, 6 and 18 months, and as part of the 4-to-6-year booster. A booster is also given at 14 to 16 years. A one-time booster is also recommended for all adults. This one-time booster should replace one of the adult Td boosters recommended every 10 years.
HOW IT IS SPREAD	Through the air by droplets from sneezing and coughing and direct contact with saliva and secretions from the nose and throat of infected people.
INCUBATION PERIOD (exposure date to first signs of illness)	Usually nine to 10 days, although it may range from six to 20 days.

INFECTIOUS PERIOD

(when the disease can be passed to others)

Highly infectious in the early stages of symptoms. If not treated, can spread to others up to 21 days after onset of symptoms. If treated, no longer infectious after five days of antibiotics.

EXCLUSION PERIOD

Child to stay home for 21 days after the onset of symptoms if untreated, or for at least five days after child starts antibiotics.

STREP THROAT (GROUP A STREP) OR SCARLET FEVER**DESCRIPTION AND SYMPTOMS**

An illness caused by the bacteria group A streptococcus. Illness can result in scarlet fever or strep throat.

Complications as a result of untreated group A strep infections are rare.

Scarlet fever symptoms may include:

- red rash over body which feels like sandpaper
- strawberry tongue
- flushed cheeks
- high fever
- nausea
- vomiting
- sore throat
- muscle aches
- headache

Strep throat symptoms may include:

- sudden onset of fever
- sore throat with severe pain on swallowing
- red throat
- swollen tonsils
- tender, enlarged nodes in the neck

IMMUNIZATION AVAILABILITY

No vaccine available.

HOW IT IS SPREAD

Through large respiratory droplets from coughing or sneezing, and by direct contact with nose and throat discharge and saliva of an infected person.

INCUBATION PERIOD

(exposure date to first signs of illness)

Usually two to five days, rarely longer.

INFECTIOUS PERIOD

(when the disease can be passed to others)

No longer contagious after 24 hours of antibiotic use.

EXCLUSION PERIOD

Can attend 24 hours after start of antibiotics. Fever free for at least 24 hours without the aid of medication.

RESPIRATORY SYNCYTIAL VIRUS (RSV)

DESCRIPTION AND SYMPTOMS

In infants and young children, RSV is the most common cause of serious lung infections that may require hospitalization.

Signs and symptoms may include:

- coughing
- runny nose
- fever
- wheezing
- lack of energy
- irritability
- poor feeding
- sometimes accompanied by apneic (periods of not breathing) episodes

Most children will have at least one RSV infection by the age of 2.

IMMUNIZATION AVAILABILITY

All children 0 months to 3 years of age (infants to toddlers), particularly if they are at high risk of severe illnesses from RSV may be eligible for publicly funded immunization. Families should contact their primary care provider for more information.

HOW IT IS SPREAD

Through large respiratory droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.

INCUBATION PERIOD

(exposure date to first signs of illness)

One to two months or longer.

INFECTIOUS PERIOD

(when the disease can be passed to others)

People infected with RSV are usually contagious for 3 to 8 days. However, some infants and people with weakened immune systems can be contagious for 4 weeks or longer, even after recovery.

EXCLUSION PERIOD

Child should stay at home until fever has been gone for at least 24 hours without the aid of medication and child is feeling well enough to participate in programming.

ROSEOLA INFANTUM

DESCRIPTION AND SYMPTOMS

A viral illness that is most common between 6 months and 2 years of age. It usually occurs in spring and fall.

Signs and symptoms may include:

- sudden high fever (39.5°C and higher) lasting three to five days
- once fever is gone a rash of small pinkish-red spots appears, mainly
- on the trunk and then later the rest of the body
- rash can last hours to up to two days, then fades rapidly
- other symptoms may include red, swollen eyes, ear pain, irritability, sore throat, vomiting, diarrhea loss of appetite and cold-like symptoms

IMMUNIZATION AVAILABILITY

No vaccine available.

HOW IT IS SPREAD

Spread to young children is likely to occur from contact with respiratory tract secretions of people infected with the virus. Some may be infected but not show any symptoms.

INCUBATION PERIOD

(exposure date to first signs of illness)

Ten days with the usual range being five to 15 days.

INFECTIOUS PERIOD

(when the disease can be passed to others)

Child is infectious while they have a fever and for 24 hours after the fever goes away.

EXCLUSION PERIOD

Child should stay at home until fever has been gone for at least 24 hours without the aid of medication and child is feeling well enough to participate in programming.
(see rash policy)

ROTAVIRUS**DESCRIPTION AND SYMPTOMS**

A viral infection that causes gastroenteritis (vomiting, diarrhea).

Signs and symptoms may include:

- onset of fever and vomiting
- stomach pain
- watery diarrhea 24 to 48 hours after symptom onset
- Symptoms generally persist for three to six days. In severe cases, dehydration can occur

IMMUNIZATION AVAILABILITY

Oral vaccine is available and publicly funded. Routinely given at 2 and 4 months of age.

HOW IT IS SPREAD

Rotavirus is found in the stool and vomit of an infected person. It is very contagious and can be easily spread through direct contact with an infected person, touching surfaces that have been contaminated, or through contaminated food or water. The virus can survive on environmental surfaces for several days.

INCUBATION PERIOD

(exposure date to first signs of illness)

One to three days.

INFECTIOUS PERIOD

(when the disease can be passed to others)

Children can be infectious two days before the start of symptoms. However, a person is most infectious while having diarrhea. Can be infectious up to 10 days after symptoms start and rotavirus can survive well on surfaces such as toys and door handles for several days.

EXCLUSION PERIOD

Should stay at home until symptom-free for 48 hours. Exclusion period may be increased during an outbreak.

Head Lice

DESCRIPTION AND SYMPTOMS

Head lice may include itching of the scalp. Nits (eggs) are half the size of a pin head and usually brownish in colour. Once the nits hatch, they are tiny insects that are grayish in colour.

HOW IT IS SPREAD

By head-to-head contact or with contact of personal belongings such as combs, hairbrushes, and hats.

EXCLUSION PERIOD

Child may return once a proper and full treatment has been given and all nits and insects are gone. A staff member must check child's head before being accepted back into the Centre.

PINWORMS

DESCRIPTION AND SYMPTOMS

A common infection in school-aged children and preschoolers. Some people have no symptoms.

Pinworm is caused by small, thin, white worms. Female pinworms lay their eggs (which look like white threads) at night on the skin around the anus.

Signs and symptoms include:

- intense itching, mostly at night
- itching around the anus, vagina
- disturbed sleep
- abdominal cramping

IMMUNIZATION AVAILABILITY

No vaccine available.

HOW IT IS SPREAD

The eggs can be transferred onto the hands of an infected person through scratching the area where eggs are. These eggs can then be transferred directly through touching another person's mouth or indirectly by the hands touching shared objects, bedding or food. Eggs can live for two to three weeks outside of the body.

INCUBATION PERIOD

(exposure date to first signs of illness)

One to two months or longer.

INFECTIOUS PERIOD

(when the disease can be passed to others)

As long as female worms discharge eggs.

EXCLUSION PERIOD

Can attend but should increase handwashing and be treated by a healthcare provider.

SCABIES

DESCRIPTION AND SYMPTOMS

An infection of the skin by tiny mites that burrow into the skin.

Symptoms include:

- scratch marks or white, curvy, thread-like lines that are very itchy, especially at night
- tiny red bumps, rash
- scratching may change the appearance

With scratching, areas may become:

- raw
- crusted

Can be anywhere on body. Common areas include:

- between fingers
- in the skin folds of wrist, elbow, knee or armpit
- on the genitals, nipples, waist, buttocks, shoulder blades

IMMUNIZATION AVAILABILITY

No vaccine available.

HOW IT IS SPREAD

By direct contact with skin or from objects like towels, clothing or bedding if used or touched right away by another person.

INCUBATION PERIOD

(exposure date to first signs of illness)

Usually, two to six weeks.

INFECTIOUS PERIOD

(when the disease can be passed to others)

Until mites and eggs are destroyed by treatment.

EXCLUSION PERIOD

Children can attend 24 hours after first treatment has been completed.

CHICKENPOX (VARICELLA)

DESCRIPTION AND SYMPTOMS	A common preventable childhood illness caused by the varicella virus. Signs and symptoms may include: • first begins with a fever, aches and pains • in a day or two, a rash appears that can be very itchy Rash starts as flat pink spots that turn into small water blisters. Blisters dry up and form scabs in four or five days. Since this illness may be of concern to pregnant women, please call the health unit to discuss this further.
IMMUNIZATION AVAILABILITY	Vaccine available. Children 12 months to 12 years of age who have not had chickenpox should receive two doses three months apart. Routinely given at 15 months and 4-to-6-years of age.
HOW IT IS SPREAD	Through the air by droplets or by direct contact with fluid in the chickenpox blister.
INCUBATION PERIOD (exposure date to first signs of illness)	Usually 14 to 16 days, occasionally as short as 10 or as long as 21 days.
INFECTIOUS PERIOD (when the disease can be passed to others)	Usually, one to two days before onset of the rash and continuing until all lesions are crusted over (usually about five days).
EXCLUSION POLICY	Child should stay at home until fever is gone for at least 24 hours without the aid of medication and child feeling well enough to participate in programming. "Spots" should be dried up and crusted over.

COVID-19

DESCRIPTION AND SYMPTOMS	Also called coronavirus, COVID-19 is a viral illness. Many people have no symptoms or mild symptoms of: • fever or chills • dry cough • loss of taste or smell • extreme tiredness • shortness of breath • digestive symptoms (e.g., upset stomach, vomiting, diarrhea) • headache • muscle aches or joint pain • cold-like symptoms such as nasal congestion, runny nose, sore throat
IMMUNIZATION AVAILABILITY	Vaccine available. Children 6 months of age and older, particularly those at increased risk of severe illness are recommended to receive the vaccine.
HOW IT IS SPREAD	Through respiratory droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.
INCUBATION PERIOD (exposure date to first signs of illness)	Ranges from one to 14 days but usually five to six days.
INFECTIOUS PERIOD (when the disease can be passed to others)	Still unknown but can be infectious before symptoms start and is most infectious just before or soon after the start of symptoms.
EXCLUSION PERIOD	Child should stay at home until fever is gone for at least 24 hours without the aid of medication, and child is feeling well enough to participate in programming.

