


Infectious Diseases

Disease/ Infection	This disease is spread by ...	Time between exposure and sickness	Early signs	How long is the child is infectious?	Exclusion of child from kindergartens, schools, etc
* Campylobacter	Undercooked food (eg, chicken and meat); food/water contaminated with faeces from infected person or animal. Direct spread from infected person or animal.	1–10 days, usually 3–5 days	Stomach pain, fever and diarrhoea.	Until well, and possibly several weeks after.	Until well with no further diarrhoea.†
Chickenpox	Coughing and sneezing. Also direct contact with weeping blisters.	13–17 days	Fever and spots with a blister on top of each spot.	From up to 5 days before appearance of rash until lesions have crusted (usually about 5 days).	For one week from date of appearance of rash.†
Conjunctivitis (viral or bacterial)	Direct contact with discharge from the eyes or with items contaminated by the discharge.	24–72 hours	Irritation and redness of eye. Sometimes there is a discharge.	While there is a discharge from the eyes, the child is infectious.	While there is a discharge from the eyes.†
* Cryptosporidium Giardia	Food or water contaminated with faeces from infected person or animal. Direct spread from infected person or animal.	Cryptosporidium 1–12 days, average about 7 days Giardia 3–25 days, usually about 7–10 days	Stomach pain and diarrhoea.	Until well, and possibly several weeks after. Giardia can be cleared by medication.	Until well with no further diarrhoea.†
Gastroenteritis (viral)	Food or water contaminated with faeces from infected person or animal. Direct spread from infected person.	1–3 days	Vomiting, diarrhoea and fever.	While vomiting and diarrhoea last, and up to 7 days after illness starts.	Until well with no further vomiting or diarrhoea.†
Glandular fever	Transfer of saliva.	Usually 4–6 weeks	Sore throat, swollen glands in the neck, fever. Vague ill health for some time.	Prolonged – possibly for one year or more.	Until well enough to return.
Hand, foot and mouth disease	Coughing or poor hand washing.	3–5 days	Fever, rash on soles and palms and in mouth. Flu-like symptoms.	While the child is unwell and possibly longer, because virus is excreted in faeces for weeks after.	While the child is feeling unwell. Unnecessary if the child is well.†
* Hepatitis A	Food or water contaminated with faeces from infected person. Direct spread from infected person.	15–50 days, usually 28–30 days	Nausea, stomach pains, general sickness. Jaundice a few days later.	From about 2 weeks before signs appear until 1 week after jaundice starts.	7 days from the onset of jaundice.†
*  Hepatitis B <small>immunisation usually prevents this illness.</small>	Close physical contact with the blood or body fluids of an infected person.	6 weeks–6 months, usually 2–3 months	Similar to Hepatitis A.	Blood and body fluids may be infectious several weeks before signs appear, until weeks or months later. A few people are infectious for years.	Until well or as advised by GP.
Impetigo (School sores)	Direct contact with discharge from infected skin.	Usually 7–10 days, variable	Scabby sores on exposed parts of body.	Until 24 hours after treatment with antibiotics has started or until sores are healed.	Until 24 hours after treatment has started or as advised by GP or Public Health Nurse.

For further information contact:





Your Public Health Nurse

Your Public Health Service

- * Doctors notify these diseases to the Public Health Service (PHS). The PHS will advise on control measures and on exclusion of child or staff.
- † or as advised by a GP or the PHS.

New Zealand Government

Infectious Diseases

Disease/ Infection	This disease is spread by ...	Time between exposure and sickness	Early signs	How long is the child is infectious?	Exclusion of child from kindergartens, schools, etc
Influenza	Coughing and sneezing and direct contact with respiratory droplets.	1–3 days	Sudden onset of fever with cough, sore throat, muscular aches and headache.	From 1–2 days before illness, up to 7 days.	Restrict contact activities until well†.
*  Measles <small>Immunisation usually prevents this illness.</small>	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	Usually 10 days to onset, 14 days to rash	Running nose and eyes, cough, fever and a rash.	From the first day of illness until 4 days after the rash begins.	At least 4 days from onset of rash.
* Meningitis (Meningococcal)	Close physical contact, such as sharing food and drinks, kissing, sleeping in the same room.	2–10 days, usually 3–4 days	Generally unwell, fever, headache, vomiting, sometimes a rash. Urgent treatment is required!	24 hours after starting antibiotics.	Until well enough to return.
*  Mumps <small>Immunisation usually prevents this illness.</small>	Contact with infected saliva, eg, coughing, sneezing, kissing and sharing food and drink.	Usually 16–18 days	Pain in jaw, then swelling in front of ear and fever.	For one week before swelling appears until 9 days after.	Until 9 days after swelling develops, or until child is well, whichever is sooner.
Ringworm	Contact with infected person's skin, clothes or personal items. Also through contaminated floors and shower stalls.	10–14 days	Flat spreading ring-shaped lesions.	While lesions are present, and while fungus persists on contaminated material.	Restrict contact activities, eg, gym and swimming, until lesions clear.
*  Rubella <small>Immunisation usually prevents this illness.</small>	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	Usually 16–18 days	Fever, swollen neck glands and a rash on the face, scalp and body. Rubella during early pregnancy can cause abnormalities in the baby.	From 7 days before rash starts until at least 4 days after it has appeared.	7 days from appearance of rash.
* Salmonella	Undercooked food (eg, chicken and meat); food/water contaminated with faeces from infected person or animal; direct spread from infected person or animal.	6–72 hours, usually 12–36 hours	Stomach pain, fever and diarrhoea.	Until well, and possibly weeks or months after.	Until well with no further diarrhoea.†
Scabies	Direct skin contact with the infected person, and sharing sheets and clothes.	Days–weeks	Itchy rash in places such as forearm, around waist, between fingers and buttocks and under armpits.	Until 24 hours after treatment is started.	24 hours after treatment is started.
Streptococcal sore throat	Usually contact with the secretions of a strep sore throat.	1–5 days	Headache, vomiting, sore throat.	For 24–48 hours after treatment with antibiotics is started.	Until 24 hours after antibiotics started.
Slapped cheek (Human parvovirus infection)	Coughing and sneezing. The virus may be passed from mother to child during pregnancy.	1–3 days	Red cheeks and lace-like rash on body.	For variable time up to appearance of rash.	Unnecessary unless child is unwell.
*  Whooping cough (Pertussis) <small>Immunisation usually prevents this illness.</small>	Coughing. Adults and older children may pass on the infection to babies.	4–10 days	Running nose, persistent cough followed by "whoop", vomiting or breathlessness.	For 3 weeks from the first signs if not treated with antibiotics. If child has antibiotics, until 5 days of antibiotic treatment.	21 days from onset of coughing, or after 5 days of antibiotics.

For further information contact:

Your Public Health Nurse

Your Public Health Service

* Doctors notify these diseases to the Public Health Service (PHS). The PHS will advise on control measures and on exclusion of child or staff.
† or as advised by a GP or the PHS.

This resource is available from www.healthed.govt.nz or the Authorised Provider at your local DHB.

Revised April 2010. Reprinted May 2010.
Code HE 1215

New Zealand Government



MANATŪ HAUORA