

Sickness Exclusion Chart

Illness	Exclusion	Cause	Signs and Symptoms	Incubation Period	Infectious
Antibiotics	48 hours				
Chickenpox	Until all spots have scabbed over	Virus	Red spots which blister, fever, loss of appetite, headache, feeling unwell	10-21 days	Until all of the blisters have scabbed over – usually within 5-7days
Sickness and Diarrhoea	48 hours after the last case	Virus	High fever, loss of appetite	Varies	Duration of the virus
Hand, Foot and Mouth	Until all spots have disappeared	Virus	Fever, loss of appetite, sore throat, small flat or raised red spots in the mouth, throat and on the skin	3-7 days	Until all of the spots have disappeared
Conjunctivitis	48 hours or until all of the discharge has cleared up	Bacteria and Virus	Reddening of the affected eye(s), watery eyes, sticky coating on the eye lashes, soreness, swollen eyes, discharge	12 hours – 3 days	Until all discharge has disappeared
German Measles	5 days from the onset of the rash	Virus	Swollen glands, pink rash which appears 3-4 days after the first symptoms, tiredness, aches and pains	14-21 days	For one week prior to the rash and 5 days after it appears
Impetigo	Until the sores stop producing puss	Bacteria	Red sores around the nose and mouth, fever	1-3 days	Highly infectious whilst sores are producing puss
Head lice	Until hair has been treated and all head lice removed	Head to head contact	Itching of the scalp, lice may be visible in the hair behind the ears and neck	7-14 days	Until the hair has been treated and all head lice removed
Meningitis	Bacterial – until they feel well Viral – until treatment	Bacteria or Virus	Constant headache, high fever, drowsiness, vomiting, stomach pain, rapid breathing, rash that fails to disappear	Bacterial – 3 weeks Viral – 2-10 days	Until the bacteria or virus has been treated
Mumps	Until all the swelling has been disappeared	Virus	Pain when chewing or swallowing, sore throat, fever, loss of appetite, stomach pain	14-21 days	5 days before the glands swell and 5 days after