Sickness Information Chart

Illness	Exclusion	Causes	Signs and Symptoms	Incubation Period	Infectious
Antibiotics	48 hours from the first dose				
Chickenpox	5 – 7 days from when spots begin to appear and until all spots have dried up and scabbed over	Virus	Red spots which blister, fever, loss of appetite, headache, feeling unwell	10 - 21 days	Duration of the virus
Sickness and Diarrhoea	48 hours after the last episode of sickness or diarrhoea	Virus	High fever, loss of appetite	Varies	Duration of the virus
Hand, Foot and Mouth	None except on the advice of the Health Protection Unit	Virus	Fever, loss of appetite, sore throat, small flat or raised red spots which may develop into blisters. They appear in the mouth, throat and on the skin	1 – 2 days	3 – 5 days
Conjunctivitis	None except on the advice of the Health Protection Unit or 48 hours after commencing Antibiotic treatment	Bacteria and Virus	Reddening of the affected eye(s), watery eyes, sticky coating on the eye lashes, soreness, swollen eyes, discharge	12 – 24 hours	3 – 7 days
Measles	5 days from the onset of the rash except on the advice of the Health Protection Unit	Virus	Fever, cold-like symptoms, red eyes and sensitivity to light.	7 - 14 days	4 days from the onset of the rash
German Measles	6 days from the onset of the rash	Virus	Swollen glands, tiredness, aches and pains red-pink rash which appears 3-4 days after the first symptoms	14 - 21 days	For one week prior to the rash and 5 days after it appears
Impetigo	Until the lesions are crusted or healed OR 48 hours after commencing Antibiotic treatment	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 head lice are treated effectively
Meningitis	**Meningicoccal / Septaceamia** – until recovered **Bacterial** – until recovered **Viral** – until recovered	Bacteria or Virus	Constant headache, high fever, drowsiness, vomiting, stomach pain, rapid breathing, rash that fails to disappear	2 – 10 days	Until recovered
Ringworm	48 hours after commencing Antibiotic treatment	Fungi	Ring-like red rash on the skin, skin is irritated around the area but not inside	10 – 14 days	48 hours after commencing Antibiotic treatment or until recovered
Slapped Cheek	None	Parvovirus B19	High temperature, sore throat, headache, itchy skin, bright red rash on both cheeks	3 – 7 days	4 days after the rash has appeared
Tonsillitis	48 hours after commencing Antibiotic treatment	Virus	Sore throat, temperature, cough, headache		48 hours after commencing Antibiotic treatment or until recovered
Mumps	5 days from the onset of the symptoms	Virus	Headache, high temperature, feeling sick, feeling tired, loss of appetite	14 – 25 days	5 – 7 days