

## COMMON INFECTIONS CHART

INFECTION	SIGN/SYMPTOMS	HOW IT SPREADS & CONTAGIOUS PERIOD	EXCLUSION FROM DAYCARE
Chickenpox (Varicella)	Commonly seen 10 - 21 days after exposure: <b>Small red itchy bumps all over body, mild fever, feeling unwell</b>	Person to Person via contact with blisters: <b>Air born if infected Person sneezes, coughs or speaks, if in contact with a Person with shingles</b>	Can return to daycare after all blisters have crusted over, no fever, and can participate in all activities
Common Cold	Commonly seen 12 hours to 14 days after exposure: <b>Runny stuffy nose, sneezing, coughing, sore throat, fever, decreased appetite</b>	Breathing in contaminated air from an infected person.	Can attend daycare as long as they can participate in all daily activities. No fever or diarrhea
Fifth Disease (Parvovirus) Virus	Commonly seen 4 - 21 days after exposure: <b>Intensely red facial rash, spreads to trunk, arms, hands and legs, fever, cold like symptoms</b>	Breathing in contaminated air from an infected person.	Can attend daycare as long as they can participate in all daily activities. No fever
Hand, Foot and Mouth (Coxsackievirus)	Commonly seen 3 - 6 days after exposure: <b>mild fever, sore throat, sores in mouth (ulcers), rash (small blisters) on hands, feet, around mouth</b>	Breathing in contaminated air from an infected person. Touching your eyes, mouth, nose or an object after touching a contaminated person	Exclude from daycare until child is well enough to participate in all activities and rash (blisters) are fading away.
Impetigo Bacteria	Commonly seen 4 - 10 days after exposure, but may not appear until several months after: <b>Cluster of red blisters (bumps) around hands, foot, mouth or exposed parts of the body, blisters could ooze, can be itchy</b>	Person to Person through direct skin contact with wounds or discharge from the infected area.	Exclude from daycare for a minimum of 24 hours after treatment has started. Blisters are crusted over. Well enough to participate in all activities.
Influenza Virus	Commonly seen 1 - 4 days after exposure: <b>fever, chills, cough, runny nose, sore throat, aches and pains, tired, feeling unwell, loss of appetite</b>	Breathing in contaminated air from an infected person.	Exclude from daycare until well enough to participate in all activities. No fever

If any illnesses come into the daycare that are not written in this policy, the Supervisor will refer to the guidelines set out by the Windsor-Essex Health Unit, "A Guide To Common Infections"