

Communicable Diseases and Exclusion from Child Care

Updated 11/2017

**Regular and thorough hand washing is the most important method of preventing the spread of communicable diseases.
Always wear gloves when handling blood or body fluids contaminated with blood.**

Exclude if directed to do so in the chart below **or if**:

- The child's health care professional recommends exclusion.
- The child is unable to participate in activities, as normal.
- The child needs more care than staff can provide without compromising the health and safety of other children.
- The child has a fever (taken at armpit or orally).
 - A child older than two months has a temperature of 101 degrees Fahrenheit or higher
 - An infant younger than two months has a temperature of 100.4 degrees Fahrenheit or higher
- The child has two or more episodes of vomiting within a 12-hour period.

Disease	Overview	Symptoms	Prevention	Exclusion
Chicken Pox (Varicella Zoster infection)	Infection caused by the varicella zoster virus.	- Rash (small, red, blistering bumps) - Fever - Runny nose - Cough	- Varicella vaccine - Proper surface sanitation - Keep room well ventilated - Regular and thorough handwashing	Contact local Health Department* for outbreaks of three or more cases. Exclude if chicken pox or a rash suggestive of chicken pox
CMV (Cytomegalovirus)	Viral infection, common in children.	- Mild to no symptoms	- Regular and thorough handwashing - Can be harmful to fetus	Exclusion not required. Women of childbearing age are at higher risk as the consequences of a fetus exposed to CMV can be serious.
Diarrheal illness: cause unknown	There are many causes of diarrhea in children under age five. Illness may be mild and not require medical attention.	- Stool frequency exceeding two or more stools above normal for that child - Stools containing blood or mucus - Stools that are not contained in a diaper - Fecal accidents by a child who is normally toilet trained	- Proper surface disinfection - Proper food storage and preparation - Regular and thorough handwashing	Exclude until diarrhea ends.
Diarrhea (Campylobacteriosis)	Infection caused by Campylobacter Bacteria.	- Bloody diarrhea - Fever - Vomiting - Abdominal cramping	- Proper surface disinfection - Proper food storage and preparation - Regular and thorough handwashing	Contact local Health Department*. Exclude until diarrhea ends.
Diarrhea (Cryptosporidiosis)	Infection caused by Cryptosporidium parasite.	- Loose stools (watery or bloody) - Abdominal pain - Weight loss	- Proper surface disinfection - Regular and thorough handwashing	Contact local Health Department*. Exclude until diarrhea ends. Exclude from water play until two weeks after end of diarrhea.

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Diarrhea (Shiga-toxin producing E. Coli)	Infection caused by Shiga-toxin producing E. coli such as E. coli O157:H7.	<ul style="list-style-type: none"> - Loose stools (watery or bloody) - Abdominal pain - Fever 	<ul style="list-style-type: none"> - Proper surface disinfection - Proper food storage and preparation - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>Exclude until</p> <ul style="list-style-type: none"> - diarrhea ends - two consecutive negative stool samples 24 hours apart - cleared for readmission by local health department
Diarrhea (Giardiasis)	Infection caused by Giardia lamblia parasite.	<ul style="list-style-type: none"> - Loose stools (watery or bloody) - Excessive gas - Abdominal pain - Decreased appetite - Weight loss 	<ul style="list-style-type: none"> - Proper surface disinfection - Regular and thorough handwashing 	Exclude until diarrhea ends.
Diarrhea (Norovirus)	Viral infection.	<ul style="list-style-type: none"> - Acute onset of watery diarrhea - Abdominal pain - Nausea - Vomiting 	<ul style="list-style-type: none"> - Proper surface disinfection - Regular and thorough handwashing 	Exclude until 48 hours after diarrhea ends.
Diarrhea (Rotavirus)	Viral infection, most common cause of diarrhea and vomiting.	<ul style="list-style-type: none"> - Non-bloody diarrhea - Nausea and vomiting 	<ul style="list-style-type: none"> - Surface disinfection - Immunization recommended - Regular and thorough handwashing 	Exclude until diarrhea ends.
Diarrhea (Salmonellosis)	Infection caused by Salmonella bacteria.	<ul style="list-style-type: none"> - Diarrhea - Fever - Abdominal cramps - Nausea or vomiting - Dehydration (dry mouth, no tears, no urine in eight hours) 	<ul style="list-style-type: none"> - Proper surface disinfection - Proper food storage and preparation - Avoiding contact with reptiles, amphibians, poultry, and other animals - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>Exclude until diarrhea ends for non-typhoidal serotypes.</p> <p>For Salmonella Typhi exclude until child cleared by local health department.</p>
Diarrhea (Shigellosis)	Infection caused by the Shigella bacteria.	<ul style="list-style-type: none"> - Loose, watery stools with blood or mucus - Fever - Headache - Abdominal pains - Convulsions 	<ul style="list-style-type: none"> - Proper surface disinfection - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>Exclude until asymptomatic for 48 hours and one negative stool sample.</p>

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Fifth Disease (Erythema Infectiosum)	Infection caused by Human Parvovirus B19.	<ul style="list-style-type: none"> - Fever, headache - Muscle and joint aches - Red, lace like rash on cheeks, torso, arms, and thighs that lasts 1-3 weeks 	<ul style="list-style-type: none"> - Proper surface sanitation - Disposal of tissues contaminated with blood or mucus - Regular and thorough handwashing - Can be harmful to fetus 	Exclusion not required.
German Measles (Rubella)	Uncommon, mild infection caused by Rubella virus.	<ul style="list-style-type: none"> - Red or pink rash on the face and body - Swollen glands behind ears - Slight fever 	<ul style="list-style-type: none"> - MMR vaccine required - Regular and thorough handwashing - Can be very harmful to fetus 	<p>Contact local Health Department*.</p> <p>Exclude for seven days after the beginning of the rash.</p> <p>Exclude non-immunized children.</p>
Hand Foot and Mouth Disease (Coxsackievirus)	Infection caused by Coxsackievirus, more common in summer and fall.	<ul style="list-style-type: none"> - Tiny blisters in the mouth, on the fingers, palms or hands, buttocks, and soles of feet - Common cold like symptoms (sore throat, runny nose, cough, fever) 	<ul style="list-style-type: none"> - When coughing or sneezing cover mouths and noses with a disposable tissue - Regular and thorough handwashing especially after handling contaminated tissues or changing diapers - Ensure proper disinfection 	Exclusion not required.
Head Lice (Pediculosis Capitis)	Small insects that draw blood from the scalp and lay tiny eggs (nits) on hair shafts.	<ul style="list-style-type: none"> - Itchy skin on scalp or neck - Scratching around ears and at the nape of the neck - White nits glued to hair 	<ul style="list-style-type: none"> - Do not share brushes, hats, blankets, or pillows - Launder contaminated fabric with hot water and high heat drying - Regular and thorough handwashing 	Exclude until completion of first treatment.
Hepatitis A (HAV)	Viral infection, causes liver inflammation	<ul style="list-style-type: none"> - Fever, fatigue - Jaundice (yellowing of skin or eyes) - Decreased appetite, abdominal pain, vomiting, diarrhea 	<ul style="list-style-type: none"> - HAV vaccine is recommended - Ensure proper disinfection - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>Exclude until one week after onset of illness or jaundice.</p>
Hepatitis B (HBV)	Viral infection, causes liver inflammation.	<ul style="list-style-type: none"> - Flu like symptoms, fatigue, decreased appetite - Jaundice - Joint pain 	<ul style="list-style-type: none"> - HBV vaccine required - Cover open wounds/sores - Wear gloves when handling blood or blood containing fluids - Disinfect surfaces contaminated with blood - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>If local health department determines there is a significant risk of transmission, the child must be placed in an alternate child care.</p>

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Hepatitis C (HCV)	Viral infection, causes liver inflammation.	<ul style="list-style-type: none"> - Nausea, decreased appetite, fatigue - Jaundice - Muscle and joint pain 	<ul style="list-style-type: none"> - Cover open wounds or sores - Disinfect surfaces contaminated with blood - Regular and thorough handwashing 	Contact local Health Department* .
HIV/AIDS	Viral infection, progressively destroys the body's immune system.	<ul style="list-style-type: none"> - Slow or delayed growth - Enlarged lymph nodes - Swelling of salivary glands - Frequent infections 	<ul style="list-style-type: none"> - Wear gloves when handling blood or blood containing fluids - Disinfect surfaces contaminated with blood - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>If local health department determines there is a significant risk of transmission, the child must be placed in an alternate child care.</p>
Impetigo	Infection caused by Streptococcal or Staphylococcal bacteria.	<ul style="list-style-type: none"> - Small, red pimples or fluid filled blisters with crusted, yellow scabs on the skin 	<ul style="list-style-type: none"> - Wash infected areas and cover any open sores or wounds - Proper surface sanitation - Regular and thorough handwashing 	Exclude until 24 hours after treatment has started.
Influenza	Infection caused by the Influenza virus.	<ul style="list-style-type: none"> - Fever, chills, headache - Cough and sore throat - Muscle aches - Decreased energy 	<ul style="list-style-type: none"> - Flu vaccine is recommended - When coughing or sneezing cover mouths and noses with a disposable tissue - Regular and thorough handwashing 	Exclude until 24 hours after fever subsides.
MRSA (Methicillin Resistant Staphylococcus aureus)	Infection caused by Staph bacteria resistant to broad spectrum antibiotic treatment.	<ul style="list-style-type: none"> - Small, red, pimple like bumps - Abscesses (collection of pus under the skin) 	<ul style="list-style-type: none"> - Proper surface sanitation - Do not share towels, clothing, or bedding - Keep wounds covered - Regular and thorough handwashing 	Exclusion not required unless open sores cannot be covered.
Measles (Rubeola)	Infection caused by the measles virus, highly contagious.	<ul style="list-style-type: none"> - Fever, cough, runny nose, red and watery eyes - Small, red spots in mouth - Rash spreading from the hairline downward 	<ul style="list-style-type: none"> - MMR vaccine required - Proper surface sanitation - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>Exclude for at least four days after the beginning of the rash.</p> <p>Exclude non-immunized children.</p>

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Meningitis (Haemophilus influenzae type b, Pneumococcus, Meningococcus)	Bacterial or viral infection, causes swelling or inflammation of brain and spinal cord tissue.	<ul style="list-style-type: none"> - Fever, headache - Nausea, loss of appetite - Stiff neck - Confusion, drowsiness, irritability 	<ul style="list-style-type: none"> - Hib vaccine required - Pneumococcal vaccine (PCV13) required if born after 7/1/15 (recommended for all children) - When coughing or sneezing cover mouths and noses with a disposable tissue - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>Exclude as soon as infection suspected until cleared by a health care professional.</p>
Molluscum Contagiosum	Skin infection caused by a virus, similar to warts.	<ul style="list-style-type: none"> - Small, flesh colored bumps on the skin - Cover lesions when possible with clothing or bandages 	<ul style="list-style-type: none"> - Do not share towels, washcloths, or blankets used by an infected child - Scratching may cause additional lesions and bacterial infection - Regular and thorough handwashing, especially after touching bumps 	Exclusion not required.
Mononucleosis (Mono)	Infection caused by the Epstein Barr virus.	<ul style="list-style-type: none"> - Mild to no symptoms in young children - Rare symptoms are fever, sore throat, fatigue, swollen lymph nodes, enlarged liver/spleen, rash from ampicillin or penicillin 	<ul style="list-style-type: none"> - Do not share objects contaminated with mucus or saliva - Regular and thorough handwashing 	Exclusion not required, unless ordered by a health care professional.
Mumps (Rubulavirus)	Viral infection with swelling of one or more salivary glands.	<ul style="list-style-type: none"> - Swollen glands - Fever, headache, earache 	<ul style="list-style-type: none"> - MMR vaccine required - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>Exclude for at least five days after the beginning of swelling.</p> <p>Exclude non-immunized children.</p>
Pink Eye (Conjunctivitis)	Bacterial or viral infection causes inflammation of eye tissue. Other causes: allergies and blocked tear ducts in infants.	<ul style="list-style-type: none"> - Red or pink, swollen, itchy eyes - Yellow or green discharge and crusting in the eyes 	<ul style="list-style-type: none"> - Regular and thorough handwashing especially before and after touching the eyes, nose, and mouth - Thorough sanitation of objects touched by hands or faces 	Exclusion not required.

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Pinworms (Enterobiasis)	Infection caused by small thread like roundworm.	- Itching and irritation around the anal or vaginal area	- Regular and thorough handwashing, keep nails short - Proper surface sanitation and disinfection - Launder bedding often - Avoid shaking bedding to prevent spreading eggs through the air - Treat other affected household members	Exclusion not required.
Pneumonia	Bacterial or viral infection, causes inflammation of lungs.	- Cough, fever - Difficulty breathing - Loss of appetite - Muscle aches - Fatigue	- Proper surface sanitation - When coughing or sneezing cover mouths and noses with a disposable tissue - Dispose tissues contaminated with mucus - Regular and thorough handwashing	Exclusion not required.
RSV (Respiratory Syncytial Virus)	Viral infection caused by Respiratory Syncytial virus, causes common cold, occurs mostly in winter and early spring.	- Cold like symptoms - Respiratory problems (wheezing, difficulty breathing)	- Proper sanitation of hard surfaces and toys - When coughing or sneezing cover mouths and noses with a disposable tissue - Dispose tissues contaminated with mucus - Regular and thorough handwashing	Exclusion not required.
Ringworm	Infection caused by several kinds of fungi, may affect the body, feet, or scalp.	- Red, circular patches on the skin - Cracking and peeling of skin between toes - Redness, scaling of scalp	- Cover skin lesions - Do not share objects that come in contact with the head (hats, brushes, bedding, etc.) - Treat other affected household members - Regular and thorough handwashing	Exclude until treatment started.
Roseola (Human Herpesvirus 6)	Viral infection causing a rash in children 6-24 months old.	- High fever - Red, raised rash	- When coughing or sneezing cover mouths and noses with a disposable tissue - Regular and thorough handwashing	Exclusion not required.

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Scabies (Sarcoptes scabiei)	Infestation on the skin by small insects (mites)	<ul style="list-style-type: none"> - Rash, severe itching - Itchy red bumps or blisters in skin folds - Itching may take a few days to subside after treatment 	<ul style="list-style-type: none"> - Contain clothing and bedding that cannot be laundered in plastic bags for at least four days - Launder bedding and clothing in hot water with a hot dry cycle - Treat other affected household members - Regular and thorough handwashing 	Exclude.
Scarlet Fever	Infections caused by Group A streptococcus bacteria.	<ul style="list-style-type: none"> - Sunburn like rash with tiny bumps that may itch - Fever, sore throat, swollen glands - Yellow or white coating on tongue and throat 	<ul style="list-style-type: none"> - Avoid direct contact with potentially infected individuals - When coughing or sneezing cover mouths and noses with a disposable tissue - Regular and thorough handwashing 	Exclude until antibiotics administered for at least 12 hours and no fever is present.
Strep Throat	Infections caused by Group A Streptococcus bacteria.	<ul style="list-style-type: none"> - Sore throat, fever, headache - Decreased appetite, stomachache - Swollen lymph nodes 	<ul style="list-style-type: none"> - Avoid direct contact with potentially infected individuals - When coughing or sneezing cover mouths and noses with a disposable tissue - Regular and thorough handwashing 	Exclude until 12 hours after antibiotic treatment has started and no fever is present.
TB (Tuberculosis)	Infection caused by a bacterium, usually affecting the lungs.	<ul style="list-style-type: none"> - Chronic cough - Weight loss - Fever, chills, night sweats - Positive skin test 	<ul style="list-style-type: none"> - When coughing or sneezing cover mouths and noses with a disposable tissue - Regular and thorough handwashing 	Contact local Health Department*. Exclude until health care professional provides a written statement that the child is not infectious.
Whooping Cough (Pertussis)	Contagious bacterial infection that causes mild to severe coughing.	<ul style="list-style-type: none"> - Cold like symptoms - Coughing that leads to vomiting, loss of breath, or blue face - Whooping sound when inhaling after coughing 	<ul style="list-style-type: none"> - DTaP vaccine, for children less than seven years of age - Tdap vaccine, for persons 10 years and older - When coughing or sneezing cover mouths and noses with a disposable tissue - Regular and thorough handwashing 	Contact local Health Department*. Exclude until five days after treatment has started. Exclude untreated cases for 21 days from the date cough began.

*Physicians, school administrators, and child care operators (G.S. § 130A-135 through 130A-139) must report cases or suspected cases of reportable diseases to their local health department. The local health department then reports this information to the N.C. Division of Public Health (G.S. § 103A-140). <http://epi.publichealth.nc.gov/cd/report.html>



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References

1. North Carolina Administrative Code: Chapter 9, Child Care Rules:
http://ncchildcare.nc.gov/PDF_forms/rule_changes_effective_OCT1_2017.pdf
 - a. .0804 Infectious and Contagious Diseases
 - b. .1720 Medication Requirements
2. Managing Infectious Diseases in Child Care and Schools, A Quick Reference Guide, 4th Edition, American Academy of Pediatrics, <https://shop.aap.org/managing-infectious-diseases-in-child-care-and-schools-4th-edition-paperback/>
3. North Carolina Administrative Code: Title 10A Health and Human Services, Chapter 41 Epidemiology Health, <http://reports.oah.state.nc.us/ncac.asp?folderName=\Title%2010A%20-%20Health%20and%20Human%20Services\Chapter%2041%20-%20Epidemiology%20Health>

For more specific information

1. Call your Local Health Department
2. Contact the NC Child Care Health and Safety Resource Center (1-800-367-2229)
3. Visit the CDC website Diseases and Conditions: www.cdc.gov/DiseasesConditions/

