

COMMUNICABLE DISEASE CHART

DISEASE	INCUBATION PERIOD	COMMON EARLY SIGNS AND SYMPTOMS	MODE OF TRANSMISSION	ISOLATION AND QUARANTINE	RECOMMENDATIONS FOR EXCLUSION FROM SCHOOL
CHICKENPOX	Commonly 14-16 days	Eruption which occurs commonly in crops of lesions. Fever with beginning of eruption.	Directly from person to person; indirectly through articles freshly soiled by discharges from skin and mucous membranes of infected persons.	Exclusion from school. QUARANTINE-None.	CASE - Exclusion from school for period of communicability. CONTACTS - Those having had the disease - None. Daily inspection for 21 days after last exposure and exclusion on appearance of first sign or symptom.
DIPHTHERIA	Usually 2-5 days	Sore throat, cough, difficulty in breathing or croup, usually with fever. White patches (Membrane) on throat, tonsils or palate.	Contact with a case or carrier; indirectly through articles freshly soiled by discharges from infected individual or through milk or milk products.	Until 2 negative cultures from nose and throat. QUARANTINE - children, food handlers and those coming in contact with children, except under conditions determined by health officer.	CASE- Until 2 cultures from the throat and nose, taken not less than 24 hours apart, and in absence of a recently applied chemo-therapeutic or antibiotic agent locally, fail to show diphtheria organisms. CONTACTS - If moved to a new address and have 2 negative nose and throat cultures, they may return to school. Change of address must be to home without children. If remaining in the home, exclusion is the same as for the patient.
GERMAN MEASLES	10-21 days. Usually 18	Slight fever, enlarged neck and head glands. Small spotted rash.	Contact with case and freshly soiled articles.	None	CASE - 7 days after onset of illness. CONTACTS - Those having had disease-None. Daily inspection of others.
RED MEASLES	10 days from date of exposure to onset of fever; 13-15 days to appearance of rash. May be up to 21 days.	Fever, symptoms of a cold in the head, inflamed and watery eyes. Rash usually appears on third or fourth day.	Contact with case and freshly soiled articles.	ISOLATION - 10 days from onset.	CASE - Exclude during the period of catarrhal symptoms and 7 days after appearance of rash. CONTACTS - Parents should be instructed to inspect children before sending to school. At first sign of elevated temperature or cold, parents should keep at home or teacher exclude from school. If no daily inspection, non-immune contacts attend school after 7 days from first exposure.
MENINGITIS-Meningococcic	2-10 days. Usually 7	Fever, headache, vomiting and stiffness of neck. Onset usually sudden.	Contact with case or carrier and through freshly soiled articles.	ISOLATION-Until recovery from acute illness. QUARANTINE-None.	CASE - Isolation until 14 days after onset of illness. CONTACTS - None.
MUMPS	12-26 days. Usually 18	Swelling of side of neck below and in front of ear. Headache and fever commonly present.	Contact with case; indirectly through articles freshly soiled by discharges or secretions from infected individual.	ISOLATION-Until swelling of the salivary glands has subsided. QUARANTINE-None.	CASE - Until swelling of glands disappears. CONTACTS - Those having had the disease - None. Those who have not had the disease - daily inspection and exclusion on sign of first symptom.
POLIOMYELITIS	Usually 7-14 days	Headache, moderate fever and vomiting associated with stiffness of neck and spine. Weakness or paralysis may develop after this.	Close association with infected persons. Outbreaks attributed to milk rare. Flies found to be contaminated with virus but there has been no reliable evidence of spread by insects, food, water and sewage.	ISOLATION - For one week from date of onset, or for the duration of fever if longer. QUARANTINE-None.	CASE - During clinical course of the disease. CONTACTS - 7 days from date of onset.
SCARLET FEVER	2-5 days	Onset usually sudden; nausea, vomiting, fever, sore throat and rash.	Contact with case; indirectly through articles freshly soiled by secretion or discharges of infected persons or through milk or milk products.	ISOLATION - Not less than 7 days in a single room, cubicle or small ward. QUARANTINE-None.	CASE - Not less than 7 days from onset and until complications have disappeared. CONTACTS - Exclude 5 days from date of last exposure or daily inspection for signs and symptoms for 5 days from date of last exposure. Even this procedure may be eliminated if contacts are under antibiotic treatment since hemolytic streptococci rapidly disappear from the respiratory passages after the institution of penicillin therapy.
SMALLPOX	7-16 days. Usually 12	Onset sudden with fever and frequent backache of from 1-5 days duration. Eruption then appears first as red pimples; then blisters which soon become filled with yellowish matter.	Usually by contact with a case, but the contact need not be very intimate. May be passively transmitted by inanimate or animate objects.	ISOLATION and QUARANTINE strictly and rigidly enforced. Vaccination of all contacts essential.	CASE - Until all primary scabs have disappeared and lesions healed. CONTACTS - Until vaccinated with vaccine of full potency and daily medical observation of the contact until height of the reaction is passed or 16 days from last exposure. All persons in school or vicinity of house of patient should be vaccinated.
TYPHOID FEVER	Usually 7-14 days	Fever with a relatively slow pulse. Headache and nose bleed common. Vomiting and diarrhea may occur.	Typhoid germs in bowel discharges and urine of infected persons and carriers. Transmitted by direct contact or indirectly through contaminated water, milk, shellfish and other foods. May be transmitted by flies.	ISOLATION - In fly-proof room. Hospital care desirable. QUARANTINE - Family contacts should not be employed as food handlers during period of contact nor before repeated negative feces and urine cultures are obtained.	CASE - Release from supervision by local health authority determined by three negative cultures of feces and urine specimens collected not less than 24 hours apart and not earlier than 7-10 days after patient becomes afebrile. CONTACTS - Urged to be immunized.
WHOOPIING COUGH	7-21 days. Usually 7	Begins with cough, usually worse at night. Characteristic 'whooping' develops in about 2 weeks usually.	Contact with a case, indirectly through articles freshly soiled by discharges from infected individual.	ISOLATION - Separation of the patient from susceptible children and exclusion from school and public places for the period of assumed infectivity. QUARANTINE - Susceptibles for 14 days following last exposure.	CASE - See ISOLATION. CONTACTS - Exclusion of non-immune children from school and public gatherings for 14 days after their last exposure to a recognized case. This precaution may be omitted if non-immunes are observed by a physician or nurse on arrival at school each day for 14 days after last exposure to a recognized case.