**Incubation and Exclusion Period of Common Communicable Diseases**

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| **Disease and Incubation Period** | **Period When Infectious** | **Period of Exclusion of Infected Person** |
| **Chicken Pox:** Often very mild. The child may not appear ill at all but a rash appears consisting of small water blisters – successive crops of these appear. Incubation period 11-12 days, commonly 14-16 days. | From one day before to six days after appearance of the rash. | Six days from onset of the rash. |
| **Conjunctivitis:** | When eyes are still weeping. | 48 hours from start of infection and only when appropriate treatment has been given. |
| **Diarrhoea/Vomiting:** (Campylobacter, dysentery, food poisoning, gastro-enteritis, giardiasis, salmonellosis).Varies - a few hours to a few days. | While having symptoms of diarrhoea and vomiting. | Until symptom free for 48 hours and the person feels well. In some circumstances advice may need to be sought from consultant in Communicable Disease Control. |
| **German Measles (Rubella):** Often very slight. May be mild catarrhal symptoms followed by a rash similar to Measles. | From a few days before to four days after onset of rash. | Four days from onset of rash. |
| **Hand, Foot and Mouth:** | Small blisters - hand and feet, very contagious. | From onset of blisters until all scabs cleared. |
| **Head Lice:** | Head scratching, presence of nits (eggs), white specks which are stuck to hair, presence of lice – small insects which move along hair. | Until treatment has been carried out successfully. |
| **Impetigo:** Commonly 4-10 days. | Yellow, oozing sores with scab on top, itching usually around nose and mouth. | Until responding to treatment and the spots have dried up. |
| **Measles:** Commences like a cold in the head with reddened eyes and a running nose. About four days later a blotchy pinkish rash begins on the face and spreads over the body. Incubation period 10-15 days, commonly 10 days to onset of illness and 14 days to appearance of rash. | From a few days before to five days after onset. | Seven days from onset of rash. |
| **Mumps:** Swelling in front of ear. Often on both sides, although sometimes involving only one. Swelling may be painful and cause difficulty in opening the mouth. Incubation period 12-26 days commonly 18 days. | From a few days before onset of symptoms to subsidence of swelling. | Until swelling has subsided. |
| **Oral Thrush:** | White patches inside mouth, sore mouth. | Until treatment for 24 hours has been administered. |
| **Scabies:** A few days to six weeks. | Itch, burrow marks, allergic reaction to the excreta and saliva of mite which burrows into the upper layer of skin. | Until adequate treatment instituted. |
| **Threadworm:** | Presence of threadworm in stools (white cotton-like piece); sore anus, itchy bottom, sleeplessness, lack of appetite. | Until adequate treatment has been given. |