

Information on Infectious Diseases

We are often asked when it's safe for a child to return to school after suffering from an infectious disease; here is some information about the most common illnesses.

Warning

If your child is ill with any of the symptoms described below, please consult your doctor. Our information is only a guideline is only base on the information available at the time of publication.

Disease	Symptoms	Course of illness	Infectious period
Chickenpox	<ul style="list-style-type: none"> raised temperature, fever raised, red itchy spots which become blisters, then scabs mainly on the face & trunk 	<ul style="list-style-type: none"> incubation 10-14 days high temperature for first week itchy spots & blisters, first in hair, then on the body, mainly on the trunk blisters become scabs after 5-6 days 	<p>From 1-2 days before rash appear until 6 days after (provided all spots become crusted).</p> <p>Note: this illness can be dangerous to the foetus in the early stages of a pregnancy</p>
Conjunctivitis Pink eye	<ul style="list-style-type: none"> mild fever, possibly runny nose red irritated eye(s) some burning or scratchy feeling the eye(s) possible discharge of pus from the eye(s) 	<ul style="list-style-type: none"> eyes may itch or water redness & burning may follow pus may be discharged from the eye 	<p>Until all the symptoms have disappeared, from 1 day to well over 1 week.</p> <p>Allergic conjunctivitis is not infectious.</p>
Hand, foot & mouth	<ul style="list-style-type: none"> small blisters on the palms, soles & in the mouth (sometimes one of these areas is not infected; sometimes the genitalia & buttocks affected). 	<ul style="list-style-type: none"> incubation period 3-7 days rash develops first mild fever, feeling unwell 	<p>Until all the symptoms have disappeared (3-5 days)</p>

Impetigo	<ul style="list-style-type: none"> lesions, a blistery rash which dries to a golden-coloured crust rash predominantly over the head & neck 	<ul style="list-style-type: none"> lesions small at first, soon breaking to leave a raw exuding surface, then forming a crust 	<p>From the appearance of the rash until the treatment has worked or the condition has disappeared.</p>
Influenza	<ul style="list-style-type: none"> high fever chills & shivers, headache, coughing possible conjunctivitis & tonsillitis possible vomiting & diarrhoea 	<ul style="list-style-type: none"> incubation 1-3 days sudden onset of fever followed by headaches & mild illness 	<p>Until all the symptoms have disappeared.</p>
Measles Immunisation	<ul style="list-style-type: none"> raised temperature, fever cough, runny nose, red eyes flat, dull red spots & blotches on the face & 	<ul style="list-style-type: none"> incubation 7-14 days cold-like symptoms for 3-4 days followed by onset of the rash 	<p>From the onset of the first symptoms until 4 days after the rash has disappeared</p>

available	upper body	<ul style="list-style-type: none"> spots appear on the face & behind the ears, followed by the trunk & upper limbs 	
Mumps	<ul style="list-style-type: none"> raised temperature, fever swelling & tenderness of the glands on one or both sides of the face sore throat possible earache 	<ul style="list-style-type: none"> incubation 14-21 days swollen glands & sore throat for first 5-6 days accompanying fever lasting a few days after the swelling goes down 	From 7 days before the glands swell until 7 days after the rash has disappeared
Ringworm	<ul style="list-style-type: none"> a round, red itchy rash (often slightly raised and scaly) itching on the scalp, hair loss 	<ul style="list-style-type: none"> no incubation – infectious immediately 	Until treatment has started
Rubella German Measles Immunisation available	<ul style="list-style-type: none"> low fever, mild illness, swollen glands on neck possible sore throat & conjunctivitis flat, pink spots mainly on the face & trunk 	<ul style="list-style-type: none"> incubation 14-21 days swollen glands for 3-4 days, followed by a rash & a slightly raised temperature spots first on the face, behind the ears, then on the trunk 	From 7 days before the rash appears until 4 days after Note: this is dangerous to women in early pregnancy
Scabies	<ul style="list-style-type: none"> Intense, general itching (worse at night), leading to scratching & rash (in the armpits, groin and around the abdomen) 	<ul style="list-style-type: none"> at least 2 weeks from getting the mites to symptoms starting 	Until treatment has started
Scarlet Fever	<ul style="list-style-type: none"> fever, headache, mild illness tonsillitis, sore throat thick white coating on the tongue, known as 'strawberry tongue' body rash, mostly on the trunk & limbs, especially in the skin creases facial rash, flushed appearance – less around the mouth 	<ul style="list-style-type: none"> variable incubation onset of a sore throat, headache & fever/leading to tonsillitis rash appears within 12-24 hours, pin-head spots over the trunk & limbs, fading after a few days the tongue becomes coated 	Until all the symptoms have disappeared.
Slapped Cheek	<ul style="list-style-type: none"> hot cheeks – as if slapped red rash on the arms, legs & trunk (often in a lace pattern) 	<ul style="list-style-type: none"> incubation 5-20 days 1-2 days after hot cheeks, the rash develops (fades in 1-2 weeks) 	Until rash starts to fade
Whooping Cough Immunisation available	<ul style="list-style-type: none"> runny nose & dry cough 	<ul style="list-style-type: none"> incubation 7-10 day if the cough worsens, there may be vomiting 	Up to 28 days from the start of the symptoms