Communicable Diseases Quick Guide for Schools and Child Care Centers in Maine

Condition	Methods of Transmission	Incubation Period	Signs and Symptoms	Recommended Exclusion and Readmission Criteria	Report to Maine CDC? [1, 2]	Prevention and Control [3]
Campylobacteriosis	Contact with contaminated stool, water, raw milk, and food.	2-5 days	Diarrhea, abdominal pain, fever, nausea, vomiting, fatigue.	Exclude until diarrhea free[4].	Yes	Properly store and cook food.
Clostridioides difficile *(C. diff)*	Contact with infected stool and sharing toys, bedding, clothing, toilet seats, or baths.	48 hours to 3 months post exposure/ reduction in GI flora (antibiotic usage)	Diarrhea, fever, stomach tenderness or pain, loss of appetite, nausea.	Exclude until at least **48 hours** after diarrhea[4] has resolved (both staff and children).	No	Wear gloves when changing soiled diapers and assisting with the bathroom. Avoid sharing bedding. Wash toys frequently. Properly disinfect surfaces. Note: for C. diff, a sporicidal agent (e.g., 10% bleach) is recommended for washing toys, linens, and disinfecting surfaces.
Conjunctivitis, Bacterial or Viral (Pink Eye)	Direct contact with discharge from an infected eye or touching contaminated surfaces then touching the eyes.	Varies based on type.	Red or pink, itchy, painful eyes.	No exclusion.	No	Clean and disinfect surfaces regularly.
COVID-19	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs, contact with contaminated objects.	2-14 days	Fever or chills, cough, sore throat, headache, muscle or body aches, fatigue, new loss of taste or smell, runny nose, nausea, vomiting, diarrhea.	Exclude until fever free[5] and symptoms are getting better overall.	Yes	Promote yearly vaccination for people 6 months and older. Teach the importance of testing and staying home if sick. Teach about masking.
Coxsackie Virus Diseases (Hand, Foot, & Mouth)	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs. Touching stool or objects contaminated with stool or respiratory droplets and then touching mouth, nose, or eyes.	3-6 days	Tiny blisters in the mouth and on the fingers, palms, buttocks, and soles of feet with fever, sore throat, runny nose, cough.	No exclusion.	No	Clean and disinfect frequently touched surfaces. Avoid close contact.
Cryptosporidiosis	Contact with contaminated stool, recreational water, food, soil, and surfaces.	3-14 days	Watery diarrhea, loss of appetite, vomiting, fever, abdominal pain, fatigue.	Exclude until diarrhea free[4] and from swimming until 2 weeks after symptoms end.	Yes	Wash all fruits and vegetables before eating. Exclude children from swimming for 2 weeks after symptoms resolve.
E. coli **infection, Shiga Toxin-Producing** (STEC)	Contact with contaminated stool, water, food, or raw milk.	1-10 days	Severe stomach cramps, diarrhea (often bloody), vomiting.	Daycares: Exclude until 2 negative stool samples separated by 24 hours with the first sample taken at least 48 hours after the last dose of antibiotics. K-12 Schools: Exclude until diarrhea free[4].	Yes	Provide education on good food safety practices. Avoid unpasteurized dairy and juice products
Hepatitis A	Contact with contaminated stool, food, or water.	15-50 days	Fever, jaundice (yellowing of the skin and eyes), abdominal pain, fatigue, dark urine, nausea, loss of appetite, diarrhea.	General: Exclude until one week after symptoms start. Food workers: Exclude for 7 days after jaundice starts or 14 days after symptoms start.	Yes	Promote the hepatitis A vaccine. Update and maintain vaccine records.
Hepatitis B	Blood or blood products, injection drug use, sexual contact, being born to infected mothers, saliva that contains blood, contact with open sores, needle sticks, sharing items like razors, unregulated tattooing.	45-160 days	Fever, muscle aches, nausea, vomiting, jaundice (yellowing of the skin and eyes), loss of appetite, joint pain, fatigue, abdominal pain, dark urine, clay-colored bowel movements.	No exclusion.	Yes	Promote the hepatitis B vaccine. Update and maintain vaccine records. Teach not to share syringes or other drug injection equipment. Teach safe sex practices. Teach not to share toothbrushes or pacifiers. Cover open wounds. Follow facility plan for handling exposure to blood-borne pathogens.
Hepatitis C	Being born to infected mothers, saliva that contains blood, contact with open sores, needle sticks, sharing items like razors, unregulated tattooing.	2 weeks - 6 months	Fever, muscle aches, nausea, vomiting, jaundice (yellowing of the skin and eyes), loss of appetite, joint pain, fatigue, abdominal pain, dark urine, clay-colored bowel movements.	No exclusion.	Yes	Teach not to share syringes or other drug injection equipment. Teach safe sex practices. Teach not to share toothbrushes or pacifiers. Cover open wounds. Follow facility plan for handling exposure to blood-borne pathogens.
Impetigo	Contact with sores of an infected person or contaminated surfaces.	Variable	Small, red pimples or fluid-filled blisters with crusted yellow scabs.	Recommended exclusion until after treatment is started (if lesions can be covered).	No	Cover lesions. Clip fingernails. Clean and disinfect frequently touched surfaces.
Influenza, Seasonal	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs, contact with contaminated objects.	1-4 days	Fever, dry cough, sore throat, headache, muscle aches and pains, fatigue, runny nose, nausea, vomiting, diarrhea.	Exclude until fever free[5].	Outbreaks Yes	Promote yearly vaccination for people 6 months and older. Teach the importance of testing and staying home if sick. Teach about masking.
Measles	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs.	11-12 days	Fever, cough, runny nose, red and watery eyes, white spots inside the mouth, rash that starts at hairline spreading down the body.	People with measles: Exclude until 4 days after rash onset. *Non-immune children in K-12 schools and daycares: Exclude until 15 days after symptoms began for the last case or until the second dose of MMR(V) is received or appropriately immunized for their age.	Yes	Update and maintain vaccine records.
Meningococcal Infections	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs.	1-10 days	High fever, chills, headache, stiff neck, vomiting, rash, altered mental status.	Exclude until 24 hours after antibiotics start.	Yes	Update and maintain vaccine records. Teach children not to share cups, bottles, eating utensils, toothbrushes, and cosmetics like lip balm. Avoid kissing children on the mouth
Mononucleosis Infections	Person-to-person through kissing and sharing objects contaminated with saliva.	Estimated 30-50 days	Fever, sore throat, fatigue, swollen lymph nodes, enlarged liver and spleen.	Should avoid contact sports if spleen is enlarged.	No	Clean and sanitize toys and utensils before use. Teach children not to share cups, bottles, eating utensils, toothbrushes, and cosmetics like lip balm. Avoid kissing children on the mouth.
Mumps	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs.	12-25 days	Swollen glands below the ears or under the jaw, fever, headache, earache, swelling of the testicles or ovaries.	People with mumps: Exclude until 5 days after onset. *Non-immune children in K-12 schools and daycares: In the event of a confirmed case, exclude until 18 days after symptoms began for the last case or until the second dose of MMR(V) is received or appropriately immunized for their age.	Yes	Update and maintain vaccine records.

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Norovirus	Contact with contaminated stool, food, or water.	12-48 hours	Fever, watery diarrhea, abrupt onset of vomiting, muscle aches, headache.	Diapered children: Exclude until their stool is contained in their diaper. Toilet-trained children: Exclude until diarrhea free[4].	Outbreaks Yes	Wear gloves when changing soiled diapers and assisting with the bathroom. Properly disinfect surfaces and toys. Practice proper cooking temperatures and food storage.
Parvovirus B19 (Fifth Disease)	Breathing in respiratory droplets after an infected person exhales, sneezes, or Coughs. Touching objects contaminated with respiratory secretions and then touching mouth, nose, or eyes.	4-21 days	Fever, headache, fatigue, muscle aches, red "slapped-cheek" rash 4- 14 days after other symptoms.	No exclusion.	No	Exposed pregnant women should talk to their healthcare provider.
Pertussis (Whooping Cough)	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs.	4-21 days	Cold-like symptoms, coughing that may last weeks to months, vomiting while coughing, difficulty catching breath, whooping sound, fever.	People with pertussis: Exclude until after 5 days of antibiotic treatment or for 21 days after coughing starts if no antibiotics.	Yes	Update and maintain vaccine records. Monitor exposed asymptomatic contacts for symptoms for 21 days. Post-Exposure Prophylaxis (PEP) is recommended for high-risk contacts regardless of symptom status. Promote vaccination for pregnant staff.
Pinworm	Contact with infected stool and sharing toys, bedding, clothing, toilet seats, or baths.	1-2 months	Itching and irritation around the anal or vaginal areas.	No exclusion.	No	Avoid sharing bedding or underwear. Wash toys frequently. Properly disinfect surfaces.
Ringworm	Contact with infected humans, animals, or contaminated surfaces or objects.	weeks	Red, circular patches with raised edges on the skin or feet, cracking and peeling of skin between the toes Patchy areas of dandruff-like scaling with or without hair loss on the scalp.	Start treatment before returning to school or daycare, infected athletes should not participate in sports with person to person contact for 72 hours after starting treatment.	No	Teach children not to share helmets, hats, combs, brushes, clothing, bedding, or towels. Teach children not to walk barefoot in areas like locker rooms or public showers. Athletes involved in close contact sports should shower immediately after a session or match. Keep all sports gear clean.
Rubella (German Measles)	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs.	12-23 days	Red or pink rash appearing first on the face and then spreading downward over the body, swollen glands, fever, joint aches and pain.	People with rubella: Exclude until 7 days after rash onset. *Non-immune children in K-12 schools: Exclude until 23 days after symptoms began in the last case or until the second dose of MMR(V) is received. *Non-immune children in daycares: In the case of an outbreak, exclude until 23 days after symptoms began in the last case or until up-to-date with MMR(V) vaccination.	Yes	Update and maintain vaccine records. Clean and disinfect frequently touched surfaces. Notify parents and employees of possible rubella exposures so that pregnant individuals can immediately consult their health care provider.
Salmonellosis	Contact with infected stool, food, water, and raw milk.	12-36 hours	Diarrhea, fever, abdominal pain, nausea, vomiting.	Exclude until diarrhea free[4].	Yes	Animals that are known to carry *Salmonella* should **not** be allowed in the school/daycare.
Scabies	Prolonged and close person-to-person contact.	4-6 weeks for first infections, 1-4 days for reinfections	Rash, severe itching (increased at night), itchy red bumps and/ or blisters.	Exclude until after treatment is started.	No	Daycares: Launder bedding and clothing worn during the 3 days before treatment. Items that cannot be laundered should be sealed in plastic bags for at least 4 days. Recommend all family members see healthcare provider for prescribed treatment.
Shingles (Herpes Zoster)	Reactivation of the varicella-zoster (chickenpox) virus.	Years after having varicella or the vaccine	Red bumps and blisters (vesicles), usually in a narrow area on one side of the body, rash may be itchy or painful, children younger than 3 years rarely have a sore throat and commonly have nasal discharge.	Exclude until the rash can be covered or when all lesions have crusted.	No	Ensure rash is covered during the blister phase. Notify pregnant or unvaccinated people. Promote Shingles vaccine.
Strep Throat (Streptococcal Pharyngitis) **and Scarlet Fever**	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs, contact with contaminated surfaces or Objects.	2-5 days	Sore throat, fever, stomachache, headache, swollen lymph nodes in neck, lack of appetite, rash that feels rough like sandpaper, white spots or coating in mouth, strawberry tongue and/or petechiae.	Exclude until after 12 hours of antibiotics.	No	Keep wounds clean and bandaged.
Varicella (Chickenpox)	Direct contact, coughing, sneezing, and aerosolization of the virus.	10-21 days	Fluid-filled red rash on the skin, rash inside the mouth, ears, genital areas, and scalp, fever, runny nose, cough.	People with varicella: Exclude until the rash crusts (~5 days) or in immunized people without crusts until no new lesions appear for 24 hours. *Non-immune children in K-12 schools and daycares: In the event of an outbreak, exclude until 21 days after symptoms began in the last case or until a dose of MMR(V) is received.	Yes	Update and maintain vaccine records. All exposed individuals, including those who are vaccinated, should be monitored for 21 days for signs of a new rash.

[1]Report confirmed and suspect cases to Maine Center for Disease Control and Prevention by calling 1-800-821-5821.

[2]An up-to-date list of reportable conditions is available at https://www.maine.gov/dhhs/mecdc/sites/maine.gov.dhhs.mecdc/files/Notifiable-Conditions-List-6-4-25.pdf

[3] In addition to the communicable disease-specific guidelines for prevention and control, all children will benefit when consistently taught to wash their hands often with soap and water, especially before eating and after using the bathroom, coughing, or playing outside. Teach children to cover coughs and sneezes with a tissue or their elbow, avoid touching their face, and not share cups, utensils, or personal items. Properly disinfect all surfaces.

[4]Diarrhea free for 24 hours without the use of diarrhea suppressing medications. Diarrhea is 3 or more episodes of loose stools in a 24-hour period.

[5]Fever free for 24 hours without the use of fever suppressing medications. Fever is a temperature of 100.4°F (38°C) or higher. Avoid giving children aspirin.

*Exclusions according to Maine Immunization Laws as of September 2021. To view the exact law and or up-to-date laws, visit:
https://www.maine.gov/dhhs/mecdc/sites/maine.gov.dhhs.mecdc/files/Immunization%20for%20School%20Children%2010-144%20CMR%20Ch.261_Eff%20Date%205-25-26-SOS_0.pdf

For more information on infectious diseases, please visit www.maine.gov/idepi. You can also call 1-800-821-5821.

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