

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

Condition	Disease Spread	Time From Exposure to Symptoms	Signs and Symptoms	When to Send Home (Exclude) and Readmit Children	Report to Maine CDC <sup>1,2</sup>	Prevention and Control
<b>Campylobacteriosis</b>	Contact with contaminated stool, water, raw milk, and food	2-5 days	Diarrhea, abdominal pain, fever, nausea, vomiting, fatigue	Exclude until diarrhea free <sup>3</sup>	Yes	Teach proper handwashing, <sup>4</sup> properly disinfect surfaces, properly store and cook food <sup>5</sup>
<b>Conjunctivitis, Bacterial or Viral (Pink Eye)</b>	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	Teach proper handwashing, <sup>4</sup> properly disinfect surfaces
<b>Coxsackie Virus Diseases (Hand, Foot, &amp; Mouth)</b>	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs; touching stool or objects contaminated with stool 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	Teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes , properly disinfect surfaces
<b>Cryptosporidiosis</b>	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 <sup>3</sup> and from swimming until 2 weeks after symptoms end	Yes	Teach proper handwashing, <sup>4</sup> wash all fruits and vegetables before eating, <sup>5</sup> exclude children from swimming for 2 weeks after symptoms resolve
<b>E. coli infection, Shiga Toxin-Producing (STEC)</b>	Contact with contaminated stool, water, food, or raw milk	1-10 days	Severe stomach cramps, diarrhea (often bloody), vomiting	<u>Daycares:</u> exclude until 2 negative stool samples separated by 24 hours (with the first sample taken at least 48 hours after the finishing last dose of antibiotics) <u>K-12 Schools:</u> exclude until diarrhea free <sup>3</sup>	Yes	Teach proper handwashing, <sup>4</sup> teach proper food safety practices, <sup>5</sup> avoid unpasteurized dairy and juice products
<b>Head Lice</b>	Direct head-to-head contact with infested hair and sharing objects that contact the head	7-12 days	Itching on the head and neck, nits (eggs) attached to the hair	No exclusion	No	Check children scratching their heads for lice, teach adults how to recognize lice
<b>Hepatitis A</b>	Contact with contaminated stool, food, or water	15-50 days	Fever, jaundice, abdominal pain, fatigue, dark urine, nausea, loss of appetite, diarrhea	<u>General:</u> exclude until one week after symptoms start <u>Food workers:</u> exclude for 7 days after jaundice starts or at least 14 days since symptoms start	Yes	Promote the hepatitis A vaccine, update and maintain vaccine records, teach proper handwashing, <sup>4</sup> properly disinfect surfaces
<b>Hepatitis B &amp; C</b>	Blood or blood products, injection drug use, sexual contact (hepatitis B only), being born to infected mothers, saliva that contains blood, contact with open sores, needle sticks, sharing items like razors, unregulated tattooing	Hepatitis B: 45-160 days  Hepatitis C: 2 weeks - 6 months	Fever, muscle aches, nausea, vomiting, jaundice, loss of appetite, joint pain, fatigue, abdominal pain, dark urine, clay-colored bowel movements	No exclusion	Yes	Update and maintain vaccine records for hepatitis B, teach not to share syringes or other drug injection equipment, teach safe sex practices, cover open wounds, teach not to share toothbrushes or pacifiers, follow facility plan for handling exposure to blood-borne pathogens
<b>Impetigo</b>	Contact with sores of an infected person or contaminated surfaces	Variable	Small, red pimples or fluid-filled blisters with crusted yellow scabs	No exclusion	No	Cover lesions, teach proper handwashing, <sup>4</sup> properly disinfect surfaces, clip fingernails
<b>Influenza, Seasonal</b>	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 <sup>6</sup>	Outbreaks Yes	Promote yearly immunization for people 6 months and older, teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes, avoid giving children aspirin, properly disinfect surfaces
<b>Measles</b>	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	8-12 days	Fever, cough, runny nose, red and watery eyes, white spots inside the mouth, rash that starts at hairline spreading down the body	<u>People with measles:</u> exclude until 4 days after rash begins <u>*Unvaccinated children in K-12 schools:</u> exclude until 15 days after symptoms began for the last case or until the second dose of MMR(V) is received <u>*Unvaccinated children in daycares:</u> only in the case of an outbreak (3 or more cases) exclude until 15 days after symptoms began for the last case or until the first dose of MMR(V) is received	Yes	Update and maintain vaccine records, teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes
<b>Meningococcal Infections</b>	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 vaccination records, teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes, teach children to not share water bottles, beverages or drinking cups, or cosmetics like lip balm
<b>Mononucleosis Infections</b>	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	Teach proper handwashing, <sup>4</sup> clean and sanitize toys and utensils before they are shared, teach children not to share toothbrushes, cups, and eating utensils, avoid kissing children on the mouth
<b>Mumps</b>	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	<u>People with mumps:</u> exclude until five days after swelling begins <u>*Unvaccinated children in K-12 schools:</u> exclude until 18 days after symptoms began for the last case or until the second dose of MMR(V) is received <u>*Unvaccinated children in daycares:</u> only in the case of an outbreak (3 or more cases) exclude until 18 days after symptoms began for the last case or until the first dose of MMR(V) is received	Yes	Update and maintain vaccine records, teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes

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Condition	Methods of Transmission	Incubation Period	Signs and Symptoms	Recommended Exclusion and Readmission Criteria	Report to CDC? <sup>1,2</sup>	Prevention and Control
<b>Norovirus</b>	Contact with contaminated stool, food, or water	12-48 hours	Fever, watery diarrhea, abrupt onset of vomiting, muscle aches, headache	<u>Diapered children</u> : exclude until their stool is contained in their diaper <u>Toilet-trained children</u> : exclude until diarrhea free <sup>3</sup>	No	Teach proper handwashing, <sup>4</sup> properly disinfect surfaces and toys, proper cooking temperatures and storage of food
<b>Parvovirus (Fifth Disease)</b>	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	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, teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes
<b>Pertussis (Whooping Cough)</b>	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	5-21 days	Cold-like symptoms, coughing that may last weeks to months, vomiting while coughing, difficulty catching breath, whooping sound, fever	Exclude until after 5 days of antibiotic treatment or for 21 days after coughing starts if no antibiotics	Yes	Update and maintain vaccine records, teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes
<b>Pinworm</b>	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 shaking bedding or underwear, teach children proper handwashing, <sup>4</sup> wash toys frequently, properly disinfect surfaces
<b>Ringworm</b>	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 individuals should not participate in sports for 72 hours after starting treatment	No	Teach children not to share bike 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, and keep all sports gear clean, properly disinfect surfaces
<b>Rubella (German Measles)</b>	Breathing in respiratory droplets after an infected person exhales, sneezes, or coughs	14-21 days	Red or pink rash appearing first on the face and then spreading downward over the body, swollen glands, fever, joint aches and pain	<u>People with rubella</u> : exclude until 7 days after the rash starts <u>*Unvaccinated children in K-12 schools</u> : exclude until 23 days after symptoms began in the last case or until the second dose of MMR(V) is received <u>*Unvaccinated children in daycares</u> : only in the case of an outbreak (3 cases or more) exclude until 23 days after symptoms began in the last case or until the first dose of MMR(V) is received	Yes	Update and maintain vaccine records, teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes
<b>Salmonellosis</b>	Contact with infected stool, food, water, and raw milk	12-36 hours	Diarrhea, fever, abdominal pain, nausea, vomiting	Diarrhea free <sup>3</sup>	Yes	Teach proper handwashing, <sup>4</sup> properly disinfect surfaces, no animals that are known to carry <i>Salmonella</i> should be allowed in the school/daycare <sup>7</sup>
<b>Scabies</b>	Prolonged and close person-to-person contact	4-6 weeks for first infections, 1-4 days for reinfections	Rash, severe itching (increased at night)	No required exclusion from Maine CDC, but recommended exclusion 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 placed in sealed plastic bags for at least 4 days
<b>Shingles (Herpes Zoster)</b>	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	Until the rash can be covered or when all lesions have crusted	No	Teach proper handwashing, <sup>4</sup> ensure rash is covered during the blister phase
<b>Strep Throat (Streptococcal Pharyngitis) and Scarlet Fever</b>	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	No required exclusion from Maine CDC, but recommended exclusion until after 24 hours of antibiotics	No	Teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes, properly disinfect surfaces
<b>Varicella (Chickenpox)</b>	Direct contact, coughing, sneezing, and aerosolization of the virus	4-21 days	Fluid-filled red rash on the skin, rash inside the mouth, ears, genital areas, and scalp, fever, runny nose, cough	<u>People with varicella</u> : exclude until the rash crusts (~5 days) or in immunized people without crusts until no new lesions appear for 24 hours <u>*Unvaccinated children in daycares and K-12 schools</u> : only in the case of an outbreak (3 or more cases) exclude until 21 days after symptoms began in the last case or until the first dose of MMR(V) is received	Yes	Update and maintain vaccine records, teach proper handwashing, <sup>4</sup> teach children to cover coughs and sneezes

<sup>1</sup>Report confirmed and suspect cases to Maine Center for Disease Control and Prevention by calling 1-800-821-5821.

<sup>2</sup>An up-to-date list of reportable conditions is available at <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/disease-reporting/documents/notifiable-list.pdf>.

<sup>3</sup>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.

<sup>4</sup>For proper handwashing, see <https://www.cdc.gov/handwashing/when-how-handwashing.html>.

<sup>5</sup>For food safety information, see <https://www.cdc.gov/foodsafety/index.html>.

<sup>6</sup>Fever free for 24 hours without the use of fever suppressing medications. Fever is a temperature of 100°F (37.8°C) or higher.

<sup>7</sup>For animals known to spread *Salmonella*, see: <https://www.cdc.gov/healthypets/diseases/salmonella.html>.

\*Exclusions according to Maine Immunization Laws as of January 2020. To view the exact law and or up-to-date laws, see: <https://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/family/rules.html>.

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

