

Disease	Symptoms	Incubation Period	Contagious Period	Return to School
Chickenpox (Varicella)	<ul style="list-style-type: none"> • Fever • Runny nose • Cough • Itchy rash-occurring in multiple stages (red bumps, vesicles, scabbed areas) occurring on the trunk but may appear anywhere on the body 	Approximately 2 weeks	<p>1-2 days before rash appears and while rash is spreading.</p> <p>Highly contagious to those not vaccinated with no previous history of chickenpox.</p>	<p>When all vesicles have scabbed over without any recent new eruptions, usually about 6-7 days after rash onset.</p> <p>Fever free without fever reducing medication for 24 hours.</p>
Fifth's Disease (Human Parovirus B19)	<ul style="list-style-type: none"> • Fever • Headache • Body aches • Red rash on cheeks (slapped cheek appearance) occurring 4-14 days after initial symptoms which may come and go with heat exposure 	<p>4-14 days</p> <p>Can be up to 21 days</p>	Onset of symptoms until appearance of rash.	Fever free without fever reducing medication for 24 hours.
Influenza	<ul style="list-style-type: none"> • Sudden onset fever • Chills • Body aches • Headache • Cough • Congestion • Sore throat • Fatigue • Nausea/Vomiting 	1-4 days	The day prior to symptom onset until 7 days after onset of flu	<p>Fever free without fever reducing medication for 24 hours.</p> <p>May have a release to return by medical provider.</p>

Scarlet Fever and Strep Throat	<ul style="list-style-type: none"> • Fever • Sore throat • Headache • Nausea • Swollen lymph nodes • Sandpaper like, fine red rash which later peels off (scarlet fever) • Perioral pallor 	2-5 days	No longer contagious after treatment with antibiotics	<p>Can return after 2 doses of antibiotics if also fever free without fever reducing medication for 24 hours.</p> <p>May have a medical provider note clearing them to return to school.</p>
Meningitis	<p>Sudden onset of</p> <ul style="list-style-type: none"> • High fever • Headache • Nausea • Decreased appetite • Stiff neck • Photophobia • Altered LOC 	1-10 days, usually less than 4 days	<p>Viral: a week or less</p> <p>Bacterial: Until after 24 hours of antibiotics</p>	<p>Requires a release to return to school by a medical provider.</p> <p>Fever free for 24 hours without fever reducing medication.</p>
Molluscum Contagiosum	<ul style="list-style-type: none"> • Flesh colored bumps with a dimpled center 	2-7 weeks up to 6 months	Unknown	<p>No exclusion- usually spread to other locations on the person rather than other children.</p> <p>If possible (not required), cover lesions with clothing or bandage if close skin to skin contact will occur.</p>
Roseola	<ul style="list-style-type: none"> • High fever • Rash occurring 3-4 days after fever onset 	9-10 days	Virus remains in saliva for the rest of the person's life	Fever free for 24 hours without fever reducing medication.

Rubella	<ul style="list-style-type: none"> • Rash starting on the face then descending down the body • Swollen lymph nodes behind the ears • Fever • Possible cough and sneezing 	14-21 days	7 days prior and 14 days following the rash, although most contagious period is 3-4 days before rash until 7 days after rash	<p>Requires a release to return to school by a medical provider.</p> <p>For outbreaks, exposed unvaccinated children should be excluded based on health dept guidance.</p>
Measles (Rubeola)	<ul style="list-style-type: none"> • Fever • Cough • Runny nose • Red, watery eyes • Rash appearing at hairline and descending down the body 	8-12 day typically, up to 21 days is possible	1-2 days before first signs/symptoms until 4 days after rash disappears	<p>Requires a release to return to school by a medical provider.</p> <p>For outbreaks, exposed unvaccinated children should be excluded based on health dept guidance.</p>
Mumps	<ul style="list-style-type: none"> • Swollen glands under jaw or in front of ear • Fever • Headache • Earache • Testicular swelling • Ovarian swelling (causes abdominal pain) 	16-18 days typically, but can be 12-25 days after exposure	5-7 days prior to onset of swollen glands to 5 days after swollen gland onset	<p>Five days after onset of swelling.</p> <p>Fever free for 24 hours without fever reducing medication.</p>
Pertussis (Whooping Cough)	<ul style="list-style-type: none"> • Cold symptoms • Cough causing vomiting, shortness of breath, or cyanosis • Whooping sound when inhaling after coughing 	5-21 days	From onset of symptoms until 3 weeks after coughing starts	Requires a release to return to school by a medical provider and 5 days of antibiotic treatment.

Ringworm	<ul style="list-style-type: none"> • Body: Flat, ring shaped lesions with central clearing • Scalp: Scaly patches which may cause temporary baldness • Hands/Feet: Cracking and peeling between digits. 	4-14 days	Until treatment	Return after initiation of treatment. Cover area if possible.
Pinworm	<ul style="list-style-type: none"> • Anal itching/scratching 	1-2 months	As long as the female worm is laying eggs around the anus	Return after treatments initiation
Scabies	<ul style="list-style-type: none"> • Rash with severe itching that is worse at nighttime • Possible burrows (linear bumps) between digits, skin folds, etc. 	4-6 weeks for 1 st occurrence 1-4 days for following occurrences	Until treatment occurs	Return after treatment initiation
Campylobacter	Sudden onset of <ul style="list-style-type: none"> • Fever • Abdominal pain • Diarrhea (may be severe) with possible bloody stools • Vomiting 	1-10 days	2-3 weeks without treatment (can be up to 7 weeks) 1-4 days with treatment	Requires a release to return to school by a medical provider.
Giardiasis	<ul style="list-style-type: none"> • Watery diarrhea • Gas • Weight loss • Decreased appetite 	1-3 weeks	Most contagious during diarrhea phase, but can last months	Requires a release to return to school by a medical provider.
Salmonellosis	Sudden onset of <ul style="list-style-type: none"> • Fever • Abdominal pain • Diarrhea 	6-48 hours	Salmonella can be present in stool up to 12 weeks, but outbreaks in group	Requires a release to return to school by a medical provider.

	<ul style="list-style-type: none"> • Nausea/Vomiting 		settings are not common	
Shigellosis	<p>Sudden onset of</p> <ul style="list-style-type: none"> • Loose, watery stools with blood/mucus/pus • Fever • Abdominal pain • Headache 	1-7 days, average 1-3 days	Untreated up to 4 weeks	Requires a release to return to school by a medical provider.
Hepatitis A	<ul style="list-style-type: none"> • Fever • Jaundice • Abdominal pain • Fatigue • Dark brown urine • Nausea • Diarrhea 	15-50 days	<p>2 weeks before symptoms start</p> <p>Minimal transmission risk 1 week after jaundice started</p>	Requires a release to return to school by a medical provider.
Impetigo	<ul style="list-style-type: none"> • Fluid filled blisters with yellow crusted scabs 	Varies	Until 24 hours after treatment or crusted lesions are not present	<p>After initiation of treatment</p> <p>Keep lesions covered if possible</p>
Pinkeye (Conjunctivitis)	<ul style="list-style-type: none"> • Red or pink eye • Can be painful or itchy • May have light sensitivity • May have watery or green/yellow discharge 	Varies	<p>Depends on the type of conjunctivitis</p> <ul style="list-style-type: none"> • allergic and chemical conjunctivitis is not contagious • bacterial and viral types are contagious while signs are present (unless 	Medical provider should be consulted for diagnosis and/or treatment

			bacterial is treated with medications)	
Mononucleosis	<ul style="list-style-type: none"> • Fever • Sore throat • Fatigue • Swollen lymph nodes • Enlarged liver/spleen 	30-50 days		Medical provider should be consulted regarding ability to participate in contact sports, gym, etc. and documentation provided to the school.

Information from this chart was obtained using the following resource:

American Academy of Pediatrics (2020). *Managing infectious diseases in child care and schools: A quick reference guide* (5th ed).

American Academy of Pediatrics.