



# RYDAL PENRHOS SCHOOL

## INCUBATION AND EXCLUSION PERIODS FOR THE COMMONER INFECTIOUS DISEASES

**PLEASE INFORM THE SCHOOL HEALTH CENTRE ON: 01492 539729**  
**IF YOUR CHILD HAS ANY OF THE CONDITIONS LISTED BELOW.**

Prevent the spread of infection by: routine immunisations and high standards of personal hygiene.

Disease	Period to be kept away from School	Comments
Athletes foot	None	Treatment is recommended. Should be covered in swimming pools, gymnasiums and changing rooms
Chicken pox	5 days from onset of rash	<b>Can have serious consequences for vulnerable children and pregnant women</b>
Cold Sores (Herpes simplex)	None	Contagious - avoid kissing and contact with the sores. Generally mild and self limiting
Conjunctivitis	None	Treatment is recommended
Diarrhoea and/or vomiting	48 hours from last episode of diarrhoea or vomiting	
Flu (influenza)	Until recovered	<b>Can have serious consequences for vulnerable children</b>
German measles (Rubella)	6 days from onset of rash	<b>Can have serious consequences for vulnerable children and pregnant women</b>
Glandular fever	None	Avoid kissing
Hand, foot and mouth	None	Exclusion may be considered in some circumstances
Head lice	May be excluded until treated	Treatment recommended where live lice are seen
Impetigo	Until lesions are crusted and healed, or 48 hours after commencing antibiotic treatment	Antibiotic treatment speeds healing and reduces the infectious period
Measles	4 days from onset of rash	<b>Can have serious consequences for vulnerable children and pregnant women</b>
Meningococcal meningitis and septicaemia	Until recovered	There is no need to exclude siblings or other close family members
Molluscum contagiosum	None	A self-limiting condition
Mumps	5 days after onset of symptoms	
Ringworm	Exclusion not usually required	Treatment is required and lesions must be covered while in school
Roseola (infantum)	None	None
Scabies	Child can return after first treatment	Household and close contacts require treatment
Scarlet fever	Child can return 24 hours after commencing appropriate antibiotic treatment	Antibiotic treatment recommended for the affected child
Shingles	If rash is weeping and cannot be covered	Can cause chickenpox in those who are not immune i.e. Have not had chickenpox. It is spread by very close contact and touch. <b>Can have serious consequences for vulnerable children and pregnant women</b>
Slapped cheek / fifth disease. Parvo virus B19	None	<b>Can have serious consequences for vulnerable children and pregnant women</b>
Threadworm	None	Treatment recommended for the child and household contacts
Tonsillitis	None	
Warts and verrucae	None	Verrucae should be covered in swimming pools, gymnasiums and changing rooms
Whooping cough	5 days from commencement of antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment	After treatment non-infectious coughing may continue for many weeks.

When the cause is unknown, any child with a rash, diarrhoea or who is generally unwell should be excluded until medical advice has been obtained, or until the child has recovered. Family or other contacts should not be excluded as a routine.

**THE SCHOOL HAS A RESPONSIBILITY TO INFORM THE DEPARTMENT OF PUBLIC HEALTH MEDICINE OF ANY OUTBREAK OF DISEASE.**



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