

Incubation and Exclusion Period of Common Communicable Diseases

Disease and Incubation Period	Period When Infectious	Period of Exclusion of Infected Person
Measles: Commences like a cold in the head with reddened eyes and a running nose. About four days later a blotchy pinkish rash begins on the face and spreads over the body. Incubation period 10-15 days, commonly 10 days to onset of illness and 14 days to appearance of rash.	From a few days before to five days after onset	Seven days from onset of rash.
Mumps: Swelling in front of ear. Often on both sides, although sometimes involving only one. Swelling may be painful and cause difficulty in opening the mouth. Incubation period 12/26 days commonly 18 days.	From a few days before onset of symptoms to subsidence of swelling.	Until swelling has subsided.
Chicken Pox: Often very mild. The child may not appear ill at all but a rash appears consisting of small water blisters – successive crops of these appear. Incubation period 11/12 days, commonly 14/16 days.	From one day before to six days after appearance of the rash.	Six days from onset of the rash.
Hand, Foot and Mouth	Small blisters - hand and feet, very contagious.	From onset of blisters until all scabs cleared.
Impetigo: Commonly 4/10 days	Yellow, oozing sores with scab on top, itching usually around nose and mouth.	Until responding to treatment and the spots have dried up.
Scabies: A few days to six weeks	Itch, burrow marks, allergic reaction to the excreta and saliva of mite which burrows into the upper layer of skin	Until adequate treatment instituted.
German Measles (Rubella): Often very slight. May be mild catarrhal symptoms followed by a rash similar to Measles	From a few days before to four days after onset of rash.	Four days from onset of rash.
Conjunctivitis	When eyes are still weeping.	48 hours from start of infection and only when appropriate treatment has been given.
Diarrhoea/Vomiting: (Campylobacter, dysentery, food poisoning, gastro-enteritis, giardiasis, salmonellosis). Varies - few hours to few days	While having symptoms of diarrhoea and vomiting.	Until symptom free for 48hours and the person feels well. In some circumstances advice may need to be sought from consultant in Communicable Disease Control.
Head Lice	Head scratching, presence of nits (eggs) white specks which are stuck to hair, presence of lice – small insects which move along hair.	Until treatment has been carried out successfully.
Threadworm	Presence of threadworm in stools (white cotton-like piece); sore anus, itchy bottom, sleeplessness, lack of appetite.	Until adequate treatment has been given.
Oral Thrush	White patches inside mouth sore mouth	Until treatment for 24 hours has been administered.