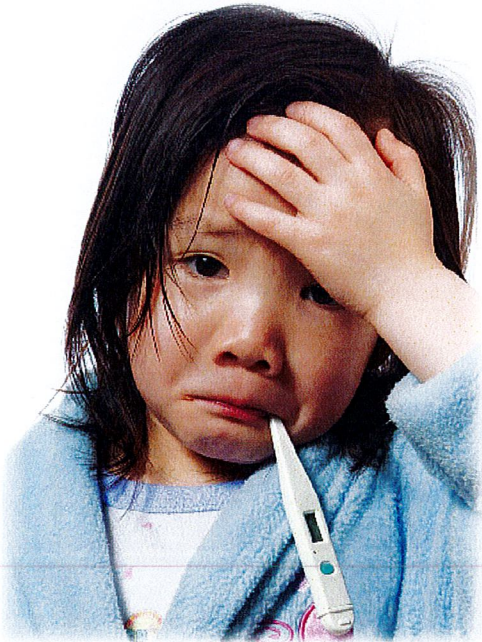



# Remember, a child's illness is most contagious during the early stages



- Signs of illness to watch for: skin rash, sore throat, flushed skin, vomiting, diarrhea, cough, headache, fever, runny nose, and fatigue.
- Staying home and resting at the first sign of illness will help shorten the length of illness.
- When your child begins to show signs of illness, contact your physician for instructions.
- Cooperate with your school, day care center, and health department by keeping your child at home if they are ill.
- Be sure to notify the school if your child is ill.
- A sick child does not learn well at school and endangers the health of classmates.

<b>Scarlet Fever</b> 2 - 5 days	Droplets from nose, throat and mouth spread virus and bacteria by sneezing, coughing, and speaking	Begins with fever and sore throat. Rash with a pink-red flush appears like a sunburn with goose pimples that spread to all parts of the body. Rash can peel like a sunburn. Tongue often has strawberry appearance	Variable. If not treated, can be contagious for weeks	When signs of illness are completely gone or on antibiotics for 72 hours
<b>Strep Throat</b> 2 - 5 days	Droplets from nose, throat and mouth spread bacteria by sneezing, coughing and speaking	Similar to scarlet fever but without the rash. A fever and sore throat are pronounced	Variable. If not treated, can be contagious for weeks	After seen by physician and on antibiotics for 24 hours
<b>Vomiting/ Diarrhea</b> 1 - 3 days	Fecal (stool) - oral contamination of hands, food, and drinks placed in the mouth	Nausea, vomiting, diarrhea, abdominal pain, occasional fever	From onset of illness until symptoms subside	24 hours after last loose stool or vomiting episode
<b>Whooping Cough (Pertussis)</b> 6 - 20 days Average 7-10 days 	Droplets from nose, throat and mouth spread bacteria by sneezing, coughing and speaking	Runny nose and sneezing. 1-2 weeks later, spasm of coughing followed by a high pitched gasp for air called a "whoop." Coughing can be associated with difficulty breathing and vomiting	Early, when patient has common cold-like symptoms, to approximately 3-4 weeks after cough onset	Upon recovery with a minimum of 21 days after development of cough



Vaccine preventable disease