

Communicable Diseases and Exclusion from Child Care

Exclude if directed to do so in the chart below. Otherwise, a child does not need to be excluded unless:

- The child's physician recommends exclusion.
- The child is unable to participate and staff members determine that they cannot care for the child without compromising their ability to care for the health and safety of the other children in the group.
- The child meets other exclusion criteria including fever (100 degrees or more by armpit or 101 or more orally), lethargy/lack of responsiveness, irritability, persistent crying, difficult breathing, having a quickly spreading rash, or two or more episodes of vomiting within a 12 hour period.

Disease	Overview	Symptoms	Prevention	Exclusion
Chicken Pox (Varicella Zoster infection)	Infection caused by the varicella zoster virus.	<ul style="list-style-type: none"> - Rash (small, red, blistering bumps) - Fever - Runny nose - Cough 	<ul style="list-style-type: none"> - Varicella vaccine - Thorough handwashing and surface sanitation - Keep room well ventilated 	<p>Contact local Health Department* for outbreaks of three or more cases.</p> <p>Exclude until rash has become dry and crusted and no new lesions appear within a 24 hour period.</p>
CMV (Cytomegalovirus)	Viral infection, common in children.	<ul style="list-style-type: none"> - Mild to no symptoms 	<ul style="list-style-type: none"> - Thorough handwashing - Can be harmful to fetus 	Exclusion not required**.
Diarrheal illness: cause unknown	There are many causes of diarrhea in children under age five. Illness may be mild and not require medical attention.	<ul style="list-style-type: none"> - Stool frequency exceeding two or more stools above normal for that child - Stools containing blood or mucus - Stools that are not contained in a diaper - Fecal accidents by a child who is normally continent 	<ul style="list-style-type: none"> - Thorough handwashing - Proper surface sanitation - Proper food storage and preparation 	Exclude until diarrhea ends.
Diarrhea (Campylobacteriosis)	Infection caused by Campylobacter Bacteria.	<ul style="list-style-type: none"> - Bloody diarrhea - Fever - Vomiting - Abdominal cramping 	<ul style="list-style-type: none"> - Thorough handwashing - Proper surface sanitation - Proper food storage and preparation 	<p>Contact local Health Department*.</p> <p>Exclude until diarrhea ends.</p>
Diarrhea (Cryptosporidiosis)	Infection caused by Cryptosporidium parasite.	<ul style="list-style-type: none"> - Loose stools (watery or bloody) - Abdominal pain - Weight loss 	<ul style="list-style-type: none"> - Thorough handwashing - Proper surface sanitation 	<p>Contact local Health Department*.</p> <p>Exclude until diarrhea ends.</p> <p>Exclude from water play until two weeks after end of diarrhea.</p>

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Diarrhea (Shiga-toxin producing E. Coli)	Infection caused by Shiga-toxin producing E. coli such as E. coli O157:H7.	<ul style="list-style-type: none"> - Loose stools (watery or bloody) - Abdominal pain - Fever 	<ul style="list-style-type: none"> - Thorough handwashing - Proper surface sanitation - Proper food storage and preparation 	<p>Contact local Health Department*.</p> <p>Exclude until</p> <ul style="list-style-type: none"> - diarrhea ends - Two consecutive negative stool samples 24 hours apart - cleared for readmission by local health department
Diarrhea (Giardiasis)	Infection caused by Giardia lamblia parasite.	<ul style="list-style-type: none"> - Loose stools (watery or bloody) - Excessive gas - Abdominal pain - Decreased appetite - Weight loss 	<ul style="list-style-type: none"> - Thorough handwashing - Proper surface sanitation 	Exclude until diarrhea ends.
Diarrhea (Norovirus)	Viral infection.	<ul style="list-style-type: none"> - Acute onset of watery diarrhea - Abdominal pain - Nausea - Vomiting 	<ul style="list-style-type: none"> - Thorough handwashing - Proper surface sanitation 	Exclude until diarrhea ends.
Diarrhea (Rotavirus)	Viral infection, most common cause of diarrhea and vomiting.	<ul style="list-style-type: none"> - Non bloody diarrhea - Nausea and vomiting 	<ul style="list-style-type: none"> - Thorough handwashing - Surface sanitation - Routine childhood immunization recommended 	Exclude until diarrhea ends.
Diarrhea (Salmonellosis)	Infection caused by Salmonella bacteria.	<ul style="list-style-type: none"> - Diarrhea - Fever - Abdominal cramps - Nausea or vomiting - Dehydration (dry mouth, no tears, no urine in eight hours) 	<ul style="list-style-type: none"> - Thorough handwashing - Proper surface sanitation - Proper food storage and preparation - Avoiding contact with reptiles, amphibians, poultry, and other animals 	<p>Contact local Health Department*.</p> <p>Exclude until diarrhea ends for all non-typhoidal serotypes.</p> <p>For Salmonella Typhi exclude and consult with local health department for readmission criteria.</p>
Diarrhea (Shigellosis)	Infection caused by the Shigella bacteria.	<ul style="list-style-type: none"> - Loose, watery stools with blood or mucus - Fever - Headache - Abdominal pains - Convulsions 	<ul style="list-style-type: none"> - Thorough handwashing - Proper surface sanitation 	<p>Contact local Health Department*.</p> <p>Exclude until asymptomatic for 48 hours and one negative stool sample.</p>

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Fifth Disease (Erythema Infectiosum)	Infection caused by Human Parvovirus B19.	<ul style="list-style-type: none"> - Fever, headache - Muscle and joint aches - Red, lace like rash on cheeks, torso, arms, and thighs that lasts 1-3 weeks 	<ul style="list-style-type: none"> - Thorough handwashing and surface sanitation - Disposal of tissues contaminated with blood or mucus - Can be harmful to fetus 	Exclusion not required**.
German Measles (Rubella)	Uncommon, mild infection caused by Rubella virus.	<ul style="list-style-type: none"> - Red or pink rash on the face and body - Swollen glands behind ears - Slight fever 	<ul style="list-style-type: none"> - MMR vaccine required - Can be very harmful to fetus 	<p>Contact local Health Department*.</p> <p>Exclude for seven days after the beginning of the rash.</p> <p>Exclude non-immunized children.</p>
Hand Foot and Mouth Disease (Coxsackievirus)	Infection caused by Coxsackievirus, more common in summer and fall.	<ul style="list-style-type: none"> - Tiny blisters in the mouth, on the fingers, palms or hands, buttocks, and soles of feet - Common cold like symptoms (sore throat, runny nose, cough, fever) 	<ul style="list-style-type: none"> - When coughing or sneezing cover mouths and noses with a disposable tissue - Thorough handwashing after handling contaminated tissues or changing diapers 	Exclusion not required**.
Head Lice (Pediculosis Capitis)	Small insects that draw blood from the scalp and lay tiny eggs (nits) on hair shafts.	<ul style="list-style-type: none"> - Itchy skin on scalp or neck - Scratching around ears and at the nape of the neck - White nits glued to hair 	<ul style="list-style-type: none"> - Do not share brushes, hats, blankets, or pillows - Launder contaminated fabric with hot water and high heat drying 	Exclude until treatment is started. Exclusion can wait until the end of the program day.
Hepatitis A (HAV)	Viral infection, causes liver inflammation	<ul style="list-style-type: none"> - Fever, fatigue - Jaundice (yellowing of skin or eyes) - Decreased appetite, abdominal pain, vomiting, diarrhea 	<ul style="list-style-type: none"> - HAV vaccine is recommended - Regular and thorough handwashing 	<p>Contact local Health Department*.</p> <p>Exclude until no longer infectious (one week after onset of jaundice, or two weeks after onset of symptoms if not jaundiced).</p>

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Hepatitis B (HBV)	Viral infection, causes liver inflammation.	<ul style="list-style-type: none"> - Flu like symptoms, fatigue, decreased appetite - Jaundice - Joint pain 	<ul style="list-style-type: none"> - HBV vaccine required - Cover open wounds or sores - Wear gloves when handling blood or blood containing fluids - Disinfect surfaces that were contaminated with blood 	<p>Contact local Health Department*.</p> <p>If local health director determines there is a significant risk of transmission, the child must be placed in an alternate child care setting to eliminate the risk of transmission.</p>
Hepatitis C (HCV)	Viral infection, causes liver inflammation.	<ul style="list-style-type: none"> - Nausea, decreased appetite, fatigue - Jaundice - Muscle and joint pain 	<ul style="list-style-type: none"> - Cover open wounds or sores - Disinfect surfaces contaminated with blood 	<p>Contact local Health Department*.</p>
HIV/AIDS	Viral infection, progressively destroys the body's immune system.	<ul style="list-style-type: none"> - Slow or delayed growth - Enlarged lymph nodes - Swelling of salivary glands - Frequent infections 	<ul style="list-style-type: none"> - Wear gloves when handling blood or blood containing fluids - Disinfect surfaces that were contaminated with blood 	<p>Contact local Health Department*.</p> <p>If local health director determines there is a significant risk of transmission, the child must be placed in an alternate child care setting to eliminate the risk of transmission.</p>
Impetigo	Infection caused by Streptococcal or Staphylococcal bacteria.	<ul style="list-style-type: none"> - Small, red pimples or fluid filled blisters with crusted, yellow scabs on the skin 	<ul style="list-style-type: none"> - Thorough handwashing - Disinfect and cover any open sores or wounds 	<p>Exclude when infection is suspected and return 24 hours after medication started and lesions are covered.</p>
Influenza	Infection caused by the Influenza virus.	<ul style="list-style-type: none"> - Fever, chills, headache - Cough and sore throat - Muscle aches - Decreased energy 	<ul style="list-style-type: none"> - Flu vaccine is recommended - When coughing or sneezing cover mouths and noses with a disposable tissue - Thorough handwashing 	<p>Exclude until 24 hours after fever subsides.</p>
MRSA (Methicillin Resistant Staphylococcus aureus)	Infection caused by Staph bacteria resistant to broad spectrum antibiotic treatment.	<ul style="list-style-type: none"> - Small, red, pimple like bumps - Abscesses (collection of pus under the skin) 	<ul style="list-style-type: none"> - Thorough handwashing and surface sanitation - Do not share towels, clothing, or bedding - Keep wounds covered 	<p>Exclusion not required unless open sores cannot be covered.</p>

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Measles (Rubeola)	Infection caused by the measles virus, highly contagious.	<ul style="list-style-type: none"> - Fever, cough, runny nose, red and watery eyes - Small, red spots in mouth - Rash spreading from the hairline downward 	<ul style="list-style-type: none"> - MMR vaccine required - Thorough handwashing and surface sanitation 	<p>Contact local Health Department*.</p> <p>Exclude for at least four days after the beginning of the rash.</p> <p>Exclude non-immunized children.</p>
Meningitis (Haemophilus influenzae type b, Pneumococcus, Meningococcus)	Bacterial or viral infection, causes swelling or inflammation of brain and spinal cord tissue.	<ul style="list-style-type: none"> - Fever, headache - Nausea, loss of appetite - Stiff neck - Confusion, drowsiness, irritability 	<ul style="list-style-type: none"> - Hib vaccine required - Pneumococcal vaccine (PCV13) recommended - Thorough handwashing - When coughing or sneezing cover mouths and noses with a disposable tissue 	<p>Contact local Health Department*.</p> <p>Exclude as soon as infection is suspected until cleared by a health care professional.</p>
Molluscum Contagiosum	Skin infection caused by a virus, similar to warts.	<ul style="list-style-type: none"> - Small, flesh colored bumps on the skin 	<ul style="list-style-type: none"> - Thorough handwashing after touching bumps - Do not share towels, washcloths, or blankets used by an infected child - Scratching may cause additional lesions and bacterial infection 	<p>Exclusion not required**.</p>
Mononucleosis (Mono)	Infection caused by the Epstein Barr virus.	<ul style="list-style-type: none"> - Mild to no symptoms in young children - Rare symptoms are fever, sore throat, fatigue, swollen lymph nodes, enlarged liver/spleen, rash from ampicillin or penicillin 	<ul style="list-style-type: none"> - Thorough handwashing - Do not share objects contaminated with mucus 	<p>Exclusion not required, unless ordered by a health care professional.</p>
Mumps (Rubulavirus)	Viral infection with swelling of one or more salivary glands.	<ul style="list-style-type: none"> - Swollen glands - Fever, headache, earache 	<ul style="list-style-type: none"> - MMR vaccine required 	<p>Contact local Health Department*.</p> <p>Exclude for at least five days after the beginning of swelling.</p> <p>In the case of an outbreak, exclude non-immunized children.</p>

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Disease	Overview	Symptoms	Prevention	Exclusion
Pink Eye (Conjunctivitis)	Bacterial or viral infection causes inflammation of eye tissue. Other causes: allergies and blocked tear ducts in infants.	<ul style="list-style-type: none"> - Red or pink, swollen, itchy eyes - Yellow or green discharge and crusting in the eyes 	<ul style="list-style-type: none"> - Thorough handwashing before and after touching the eyes, nose, and mouth - Thorough sanitation of objects touched by hands or faces 	Exclude until 24 hours after treatment has started.
Pinworms (Enterobiasis)	Infection caused by small thread like round worm.	<ul style="list-style-type: none"> - Itching and irritation around the anal or vaginal area 	<ul style="list-style-type: none"> - Thorough handwashing, keep nails short - Proper surface sanitation - Launder bedding often - Avoid shaking bedding to prevent spreading eggs through the air - Treat other affected household members 	Exclusion not required**.
Pneumonia	Bacterial or viral infection, causes inflammation of lungs.	<ul style="list-style-type: none"> - Cough, fever - Difficulty breathing - Loss of appetite - Muscle aches - Fatigue 	<ul style="list-style-type: none"> - Thorough handwashing and surface sanitation - Dispose tissues contaminated with mucus 	Exclusion not required**.
RSV (Respiratory Syncytial Virus)	Viral infection caused by Respiratory Syncytial virus, causes common cold, occurs mostly in winter and early spring.	<ul style="list-style-type: none"> - Cold like symptoms - Respiratory problems (wheezing, difficulty breathing) 	<ul style="list-style-type: none"> - Thorough handwashing and sanitation of hard surfaces and toys - When coughing or sneezing cover mouths and noses with a disposable tissue 	Exclusion not required**.
Ringworm	Infection caused by several kinds of fungi, may affect the body, feet, or scalp.	<ul style="list-style-type: none"> - Red, circular patches on the skin - Cracking and peeling of skin between toes - Redness, scaling of scalp 	<ul style="list-style-type: none"> - Cover skin lesions - Do not share objects that come in contact with the head (hats, brushes, bedding, etc.) - Treat other affected household members 	Exclude until treatment is started.
Roseola (Human Herpesvirus 6)	Viral infection causing a rash in children 6-24 months old.	<ul style="list-style-type: none"> - High fever - Red, raised rash 	<ul style="list-style-type: none"> - When coughing or sneezing cover mouths and noses with a disposable tissue - Thorough handwashing 	Exclusion not required**.

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Scabies (Sarcoptes scabiei)	Infestation on the skin by small insects (mites)	<ul style="list-style-type: none"> - Rash, severe itching - Itchy red bumps or blisters in skin folds - Itching may take a few days to subside after treatment 	<ul style="list-style-type: none"> - Contain clothing and bedding that cannot be laundered in plastic bags for at least four days - Launder bedding and clothing in hot water with a hot dry cycle - Treat other affected household members 	Exclude until eight hours after treatment is completed.
Scarlet Fever	Infections caused by Group A streptococcus bacteria.	<ul style="list-style-type: none"> - Sunburn like rash with tiny bumps that may itch - Fever, sore throat, swollen glands - Yellow or white coating on tongue and throat 	<ul style="list-style-type: none"> - Thorough handwashing - Avoid direct contact with potentially infected individuals - When coughing or sneezing cover mouths and noses with a disposable tissue 	Exclude until antibiotics administered for at least 12 hours and no fever is present.
Strep Throat	Infections caused by Group A Streptococcus bacteria.	<ul style="list-style-type: none"> - Sore throat, fever, headache - Decreased appetite, stomachache - Swollen lymph nodes 	<ul style="list-style-type: none"> - Thorough handwashing - Avoid direct contact with potentially infected individuals 	Exclude until antibiotics administered for at least 24 hours and no fever is present.
TB (Tuberculosis)	Infection caused by a bacterium, usually affecting the lungs.	<ul style="list-style-type: none"> - Chronic cough - Weight loss - Fever, chills, night sweats - Positive skin test 	<ul style="list-style-type: none"> - When coughing or sneezing cover mouths and noses with a disposable tissue 	<p>Contact local Health Department*.</p> <p>Exclude until medication started and child cleared by a health care professional.</p>
Whooping Cough (Pertussis)	Contagious bacterial infection that causes mild to severe coughing.	<ul style="list-style-type: none"> - Cold like symptoms - Coughing that leads to vomiting, loss of breath, or blue face - Whooping sound when inhaling after coughing 	<ul style="list-style-type: none"> - DTaP vaccine, for children less than seven years of age - Tdap vaccine, for persons 10 years and older - Thorough handwashing - When coughing or sneezing cover mouths and noses with a disposable tissue 	<p>Contact local Health Department*.</p> <p>Exclude until five days of antibiotic treatment has been completed.</p> <p>Exclude untreated cases for 21 days from the date cough began.</p>

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***Physicians, school administrators, and child care operators** (G.S. § 130A-135 through 130A-139) must report cases or suspected cases of reportable diseases to their local health department, which in turn reports this information to the N.C. Division of Public Health (G.S. § 103A-140). <http://epi.publichealth.nc.gov/cd/report.html>

****Exclusion not required UNLESS**

- The child's physician recommends exclusion.
- The child is unable to participate and staff members determine that they cannot care for the child without compromising their ability to care for the health and safety of the other children in the group.
- The child meets other exclusion criteria including fever (100 degrees or more by armpit or 101 or more orally), lethargy/lack of responsiveness, irritability, persistent crying, difficult breathing, having a quickly spreading rash, or two or more episodes of vomiting within a 12 hour period.

References

1. Managing Infectious Diseases in Child Care and Schools, A Quick Reference Guide, 4th Edition, American Academy of Pediatrics, <https://shop.aap.org/managing-infectious-diseases-in-child-care-and-schools-4th-edition-paperback/>
2. North Carolina Administrative Code: Chapter 9, Child Care Rules: http://ncchildcare.dhhs.state.nc.us/PDF_forms/DCDEE_Rulebook.pdf
 - a. .0804 Infectious and Contagious Diseases
 - b. .1720 Safety, Medication, and Sanitation Requirements
 - c. .2404 Inclusion/Exclusion Requirements
3. Red Book: 2015 Report of the Committee on Infectious Diseases. Section 2: Recommendations for Care of Children in Special Circumstances, Children in Out-of-Home Child Care, American Academy of Pediatrics, <https://redbook.solutions.aap.org/chapter.aspx?sectionid=88187033&bookid=1484>
4. North Carolina Administrative Code: Title 10A Health and Human Services, Chapter 41 Epidemiology Health, <http://reports.oah.state.nc.us/ncac.asp?folderName=\Title%2010A%20-%20Health%20and%20Human%20Services\Chapter%2041%20-%20Epidemiology%20Health>

For more specific information

1. Call your Local Health Department
2. Contact the NC Child Care Health and Safety Resource Center (1-800-367-2229)
3. Visit the Center for Disease Control and Prevention website *Diseases and Conditions*: www.cdc.gov/DiseasesConditions/