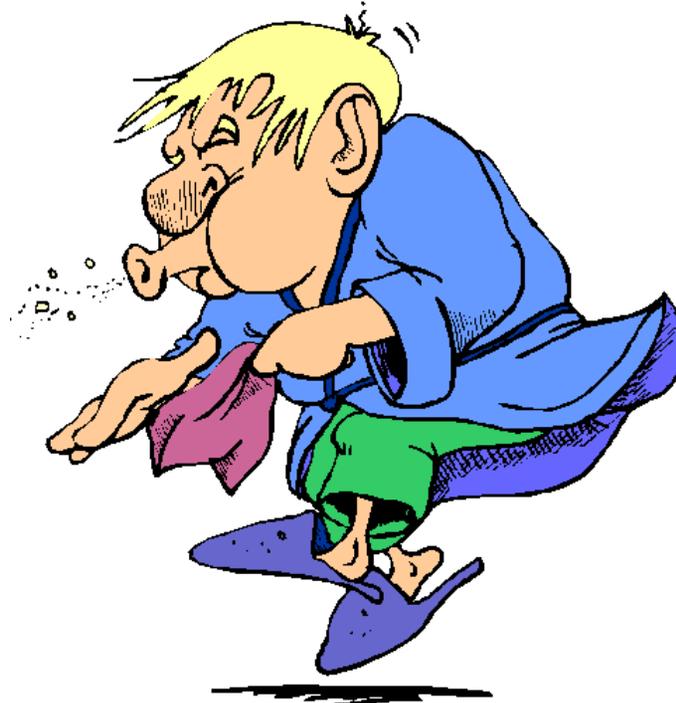


When to Stay Home



You can help stop the spread of disease, here's how!

Allegan County Health Department
3255 122nd Ave Ste 200
Allegan, MI 49010

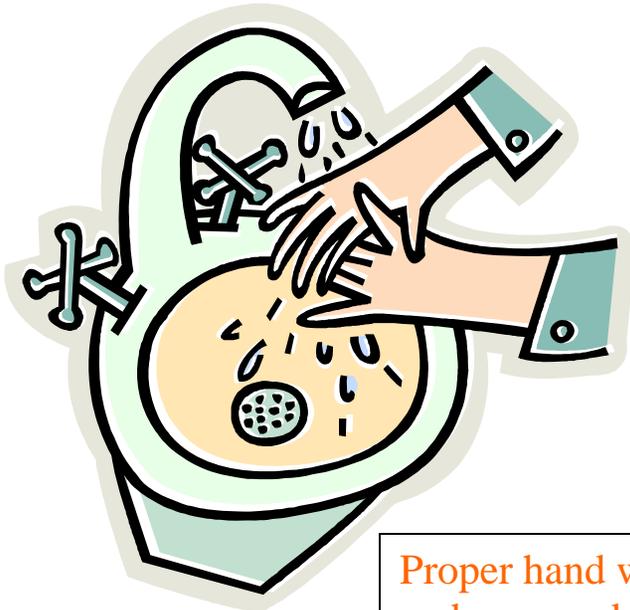
KEY POINTS

- Staying home on the first day of an illness can decrease the length and severity of the illness
- Staying home from the beginning of an illness can minimize the spread of it to others
- People with symptoms may pass the infection to others
- By law schools have to send sick students home
- A healthy person can accomplish/learn more than an ill person
- Protect others by staying home when sick

Signs of Illness

Include:

- Chills
- Cough
- Headache
- Fever
- Runny Nose
- Rash
- Sore Throat
- Vomiting



Remember!

Proper hand hygiene controls the spread of disease

- 1) **Proper hand washing**
- 2) **Cover nose and mouth when coughing or sneezing**
- 3) **Dispose of used tissue in wastebasket**

Proper hand washing means using warm water and soap and rubbing your hands together for at least 15 seconds!

Waterless, Alcohol-based hand sanitizers may also be used

For More Information, Call:

269-673-5411

Allegan County Health Department



COMMUNICABLE DISEASE INFORMATION

Disease (Incubation Period)	How Spread	Early Signs	Contagious Period	Contacts	Return to School
Chicken Pox <i>Varicella</i> (14-21 days)	Secretions of nose and throat; discharges from skin lesions; scabs not infectious.	Mild fever at time of eruptions, which looks like water blisters.	5 days before rash until all lesions are crusted.	Exclude only with first signs of illness.	When scabs are dried up and crusted.
Common Cold <i>Rhinoviruses</i> (1-3 days)	Direct contact, secretions of nose and throat	Running nose, watery eyes, slight fever, feels "bad."	24 hours before onset of symptoms and up to 5 days after.	Exclude only with first signs of illness.	When able to participate in class.
Diarrhea (variable, depending on causative agent)	Contaminated food or water	Diarrhea, fever, cramping, nausea, gas.	Varies.	Encourage extra care with handwashing.	When recovered.
Fifth Disease <i>Erythema Infectiosum</i> (4-15 days)	Personal contact by droplet spread.	Usually an initial rash ("slapped cheek" appearance), which may spread to extremities and trunk. It disappears in a few weeks but may reappear. Complications are rare and generally mild. Fever is rare except in adults.	1-2 days before onset of symptoms	With first signs of symptoms, have parents check with family physician to rule out other serious rash illnesses. Pregnant women should consult with obstetrician.	Children who feel well need not be excluded from school.
German Measles <i>Rubella</i> (14-21 days; avg. 16-18 days)	Secretions of nose and throat.	Mild symptoms of head cold for 1 or 2 days followed by eruptions on face and body.	7 days before to 7 days after rash onset.	Children not properly immunized will be excluded from school.	When recovered approximately 4 days.
Hand, Foot & Mouth <i>Herpangina</i> (2-14 days; avg. 3-5 days)	Airborne droplet spread; nose and throat secretions, feces from infected person.	Sudden onset of fever, sore throat, and cough. Development of tiny blisters inside mouth, throat, and on extremities.	About 2-3 days before onset to several days after onset.	Exclude if with fever, cough, or uncomfortable from illness. Encourage extra care with hand washing.	When fever is gone.
Head Lice <i>Pediculosis</i> (1-2 weeks)	Contact with infected persons and/or their clothing.	Gradual onset of itching, especially at nape of neck and behind ears. Lice and nits in the hair.	Until eggs and lice in hair and clothing (including bedding) have been removed.	Observe daily; check family illness.	When free from lice and nits.
Impetigo <i>Impetigo Contagiosa</i> (4-10 days, variable)	Discharge from lesions.	Blisters appearing on the skin, principally around the mouth and nostrils.	As long as lesions continue to drain.	Exclude only with first signs of illness.	After seen by a physician and under treatment for 24 hours.
Influenza (1-3 days)	Discharge from nose and throat by sneezing, coughing, and speaking.	Fever, discomfort, aching in back and limbs, sore throat.	3-5 days after first symptoms appear.	Exclude only with first signs of illness.	When recovered.
Hepatitis A <i>Infectious hepatitis</i> (15-50 days; avg. 30 days)	Contaminated food or water, feces from an infected person.	Sudden, with loss of appetite, nausea, and abdominal discomfort. Unusually tired with yellowish complexion.	10-15 days before symptoms appear until the first few days of jaundice.	Exclude only with first signs of illness. Household contacts should seek medical care for treatment.	Written approval from physician with statement of any limitation on activity.

COMMUNICABLE DISEASE INFORMATION

Disease (Incubation Period)	How Spread	Early Signs	Contagious Period	Contacts	Return to School
Measles (Hard) <i>Rubeola</i> (8-13 days; avg. 10 days)	Secretions from nose and throat.	High fever, runny nose, cough, watery eyes, for 1 to 3 days, followed by rash first seen on face, then spreading over rest of body.	4 days before rash and up to 4 days after.	Children not properly immunized will be excluded from school. Any children with symptoms are to be excluded with the first sign of illness.	When recovered.
West Nile Virus	Bite from an infected mosquito.	Sudden high fever, nausea, headache, and stiff neck.	Not spread from person to person.	Protect against mosquito bites.	When recovered.
Mumps <i>Infectious Parotitis</i> (12-26 days; avg. 18 days)	Secretions from nose and throat.	Swelling of glands in neck below and in front of ears.	Up to 7 days prior to onset of swelling, usually 5 days after onset.	Children not properly immunized will be excluded from school.	When swelling and fever have gone down.
Pink Eye <i>Conjunctivitis</i> (2-5 days)	Discharge from eyes and nose.	Red eyes and lids with drainage.	No longer communicable 24 hours after proper treatment.	Observe daily; exclude with the first signs of illness.	24 hours after proper treatment by physician.
Ringworm of skin and scalp <i>Tinea Capitis; Tinea Corporis</i> (4-14 days)	Direct contact with infected articles, personal contact.	Circular patches of dry skin on any part of body and/or scalp.	Until 24 hours after proper treatment. Ringworm of the face and scalp needs prescription.	Inspect skin for evidence of infection.	24 hours after proper treatment by physician; exclusion from showers and pools.
Scabies (2-6 weeks)	Close contact with source.	Extreme itching of skin where mites have burrowed under the skin causing small, pinpoint bumps.	Until mites are destroyed by chemical treatment.	Exclude with first signs of illness.	After prescribed treatment by a physician.
Scarlet Fever (Strep infection) <i>Scarlatina</i> (1-7 days; avg. 2-4 days)	Discharge from upper respiratory tract of cases and carriers.	Sudden onset, usually with fever, sore throat, vomiting, and headaches. Pink-red flush rash.	No longer communicable 24-48 hours after antibiotic treatment.	Observe daily, exclude with first signs of illness.	After seen by a physician and under antibiotic treatment for 24 hours.
H1N1 Influenza ("Swine flu") (1-3 days)	Discharge from nose and throat by sneezing, coughing, and speaking.	Fever, discomfort, aching in back and limbs, sore throat. May include nausea, vomiting, and diarrhea.	3-5 days after first symptoms appear.	Exclude with first signs of illness.	24 hours after fever is gone without use of fever-reducing medications.
Strep Throat (1-3 days)	Discharge from upper respiratory tract of cases and carriers.	Rapid onset with fever and sore throat.	Until after antibiotic treatment for 24 hours.	Exclude with first signs of illness. Seek medical attention immediately.	After seen by a physician and under antibiotic treatment for 24 hours.
Whooping Cough <i>Pertussis</i> (7-10 days)	Discharge from nose and throat.	Begins as ordinary cough becoming more persistent and worse at night, with vomiting.	Most infectious during cold-like symptoms.	Children not properly immunized will be excluded from school and contact with others for 21 days, or after 5 days of antibiotic treatment.	After 5 days of antibiotic treatment.