

# Time out

Some medical conditions require exclusion from school or child care to prevent the spread of infectious diseases among staff and children.

This poster provides information on the recommended minimum exclusion periods for infectious conditions and will assist medical practitioners, schools, pre-schools and child care centres to meet the requirements of the *Public Health Act 2005*.

| Condition  | Exclusion of case (person with infection)   | Exclusion of contacts <sup>1</sup> (person exposed to the case with the infection)   |
|--|---|--|
| <b>Chickenpox (varicella)</b>  | Exclude until all blisters have dried. This is usually at least five days after the rash first appeared in non-immunised children, and less in immunised children.  | Any child with an immune deficiency (for example, leukaemia) or receiving chemotherapy should be excluded for their own protection. Otherwise, not excluded. Exclude any pregnant woman who is, or is presumed to be susceptible.  |
| <b>Cold sores (herpes simplex)</b>   | Not excluded if the person can maintain hygiene practices to minimise the risk of transmission. If the person cannot comply with these practices (e.g. because they are too young), they should be excluded until the sores are dry. Sores should be covered with a dressing, where possible.   | Not excluded.  |
| <b>Conjunctivitis</b>  | Exclude until discharge from eyes has ceased unless non-infectious conjunctivitis.  | Not excluded.  |
| <b>Cytomegalovirus (CMV)</b>   | Exclusion not necessary.  | Not excluded.  |
| <b>Diarrhoea<sup>2</sup> and/or vomiting</b><br>(including <ul style="list-style-type: none"> <li>• amoebiasis</li> <li>• campylobacter</li> <li>• cryptosporidium</li> <li>• giardia</li> <li>• rotavirus</li> <li>• salmonella</li> <li>• viral gastroenteritis</li> </ul> but not norovirus or shigella – see separate section) | Exclude until there has not been a loose bowel motion for 24 hours.<br><br>Exclude staff whose work involves food handling until they have not had any diarrhoea or vomiting for 48 hours.<br><br>If there are more than two cases with loose bowel motions in the same centre or a single case in a food handler notify your nearest public health unit. | Not excluded.  |
| <b>Diphtheria<sup>3</sup></b>  | Exclude according to public health unit requirements.   | Exclude according to public health unit requirements.  |
| <b>Enterovirus 71 (EV71) Neurological disease</b>  | Written medical clearance is required confirming the virus is no longer present in the child's bowel motions.   | Not excluded.  |
| <b>Glandular fever (Epstein Barr virus (EBV), mononucleosis)</b>   | Exclusion not necessary.  | Not excluded.  |
| <b><i>Haemophilus influenzae</i> type b (Hib)</b>  | Exclude until the person has received appropriate antibiotic treatment <sup>4</sup> for at least four days.   | Not excluded. Contact a public health unit for specialist advice.  |
| <b>Hand, foot and mouth disease</b>  | Exclude until all blisters have dried.  | Not excluded.  |
| <b>Head lice</b>   | Exclusion is not necessary if effective treatment is commenced prior to the next attendance day (i.e. the child does not need to be sent home immediately if head lice are detected).   | Not excluded.  |
| <b>Hepatitis A<sup>3</sup></b>   | Exclude until a medical certificate of recovery is received and until at least seven days after the onset of jaundice.  | Not excluded. Contact a public health unit for specialist advice about vaccinating or treating children in the same room or group.   |
| <b>Hepatitis B</b>   | Exclusion not necessary.  | Not excluded.  |
| <b>Hepatitis C</b>   | Exclusion not necessary.  | Not excluded.  |
| <b>Human immunodeficiency virus (HIV/AIDS)</b>   | Exclusion not necessary.  | Not excluded.  |
| <b>Influenza and influenza-like illness</b>  | Exclude until well.   | Not excluded.  |
| <b>Measles<sup>3</sup></b>   | Exclude for four days after the onset of the rash.  | Immune contacts are not excluded. Susceptible contacts should be excluded until 14 days after the onset of the rash in the last case occurring in the facility. Immunosuppressed children or staff should be excluded (regardless of their vaccination status) until 14 days after the onset of the rash in the last case occurring in the facility. |

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| Condition  | Exclusion of case (person with infection)   | Exclusion of contacts <sup>1</sup> (person exposed to the case with the infection)  |
|--|---|---|
| Meningitis (bacterial)   | Exclude until well and has received appropriate antibiotics <sup>4</sup> .  | Not excluded.   |
| Meningitis (viral)   | Exclude until well.   | Not excluded.   |
| Meningococcal infection <sup>3</sup>                                     | Exclude until appropriate treatment has been completed.   | Not excluded. Contact a public health unit for specialist advice about antibiotics and/or vaccination for people who were in the same room as the case. |
| Molluscum contagiosum  | Exclusion not necessary.  | Not excluded.   |
| Mumps  | Exclude for nine days after onset of swelling.  | Not excluded.   |
| Norovirus  | Exclude until they have not had any diarrhoea or vomiting for 48 hours.   | Not excluded.   |
| Parvovirus (erythema infectiosum, fifth disease, slapped cheek syndrome) | Exclusion not necessary.  | Not excluded (pregnant women should consult their medical practitioner).  |
| Pertussis <sup>3</sup> (whooping cough)                                  | Exclude until five days after starting appropriate antibiotic treatment, or for 21 days from onset of coughing.   | Contact a public health unit for specialist advice about excluding unvaccinated and incompletely vaccinated contacts.                                   |
| Poliomyelitis <sup>3</sup>   | Exclude for at least 14 days from onset of symptoms and case has recovered. Written medical clearance from doctor or public health unit is required to return to child care/school, confirming child is not infectious <sup>5</sup> .   | Not excluded unless considered necessary by public health unit.   |
| Ringworm, tinea, scabies   | Exclude until the day after appropriate treatment has commenced.  | Not excluded.   |
| Roseola  | Exclusion not necessary.  | Not excluded.   |
| Rubella (German measles) <sup>3</sup>                                    | Exclude until fully recovered or for at least four days after the onset of rash.  | Not excluded (female staff of childbearing age should check their immunity to rubella with their doctor).   |
| School sores (Impetigo)  | Exclude case until has received appropriate antibiotics for at least 24 hours. Sores are not contagious if covered, or after the child has taken antibiotics for 24 hours. Weeping or crusted sores on exposed areas should always be covered with a watertight dressing until at least 24 hours post antibiotics commenced and for as long as practical. | Not excluded.   |
| Shigellosis  | Exclude until diarrhoea has stopped and two samples, taken at least 24 hours apart, have tested negative.   | Not excluded.   |
| Streptococcal sore throat (including scarlet fever)                      | Exclude until well and has received antibiotic treatment <sup>4</sup> for at least 24 hours.  | Not excluded.   |
| Thrush (candidiasis)   | Exclusion not necessary.  | Not excluded.   |
| Tuberculosis (TB) <sup>3</sup>   | Written medical clearance is required from Queensland Tuberculosis Control Program to return to child care/school, confirming child is not infectious.  | Not excluded.   |
| Typhoid <sup>3</sup> , paratyphoid                                       | Exclude until diarrhoea has stopped and two consecutive samples, taken at least one week apart, have tested negative.   | Not excluded unless considered necessary by public health unit.   |
| Whooping cough – see pertussis   |   |   |
| Worms  | Exclude if loose bowel motions present.   | Not excluded.   |

## Footnotes

- The definition of 'contact' will vary between diseases and is sometimes complex. If concerned, contact your local public health unit.
  - Diarrhoea: the definition is two or more consecutive bowel motions that are looser and more frequent than normal or escapes a child's nappy.
  - Doctors should notify the local public health unit as soon as possible if children or staff are diagnosed with these conditions.
  - Appropriate antibiotic treatment: the definition will vary between diseases. If concerned, contact your local public health unit
  - Observing the exclusion period meets the intent of the *Public Health Act 2005* for a person to be not infectious
- For additional information please refer to the National Health and Medical Research Council publication 5th Edition – *Staying Healthy – Preventing infectious diseases in early childhood and educational care services* [http://www.nhmrc.gov.au/\\_files\\_nhmrc/publications/attachments/ch55\\_staying\\_healthy\\_childcare\\_5th\\_edition\\_0.pdf](http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ch55_staying_healthy_childcare_5th_edition_0.pdf)
  - or the Queensland Department of Health website at <http://www.health.qld.gov.au/cdcg/index/default.asp> for fact sheets about various communicable diseases.
  - For an electronic copy of this poster [http://www.health.qld.gov.au/ph/documents/cdb/timeout\\_poster.pdf](http://www.health.qld.gov.au/ph/documents/cdb/timeout_poster.pdf)

For further information contact your nearest public health unit at <http://www.health.qld.gov.au/cdcg/contacts.asp>