

## COMMUNICABLE DISEASES

DISEASE	INCUBATION PERIOD	HOW LONG/ FIRST SIGNS	CONTAGIOUS?	WHAT CAN YOU DO?
<b>CHICKEN POX</b>	12-26 days (usually 18 days) later.	Mild fever followed in 36 hours by small raised pimples which become filled with fluid. Scabs form. Successive crops of pox appear.	From 5 days before to 6 days after appearance of rash.	Not a serious disease. Trim fingernails to prevent scratching. Use a paste of baking soda and water or alcohol. <b><u>Do not use aspirin.</u></b>
<b>STREP THROAT</b> <b>SCARLET FEVER</b>	1-3 days	Sometimes vomiting and fever before sudden and severe throat. If followed by fine rash on body and limbs, it is called Scarlet Fever.	Treated: 24 hours after treatment begins. Untreated: As long as there is drainage.	Responds to antibiotics which should be continued for full course to prevent serious complications.
<b>ROSEOLA</b>	7-17 days	Several days of high fever. Otherwise child appears well. Rash appears as fever is decreasing or after it is gone. Rash is pink and turns white with pressure.	Until the fever is gone.	Treat the fever and watch to see if there are other symptoms.
<b>COLDS</b>	1-7 days	Clear watery discharge from nose followed by sneezing, watery eyes, scratchy throat. Nose may later get stuffy.	Most contagious a day or two before symptoms appear and while has runny nose.	Offer extra liquids, allow for extra rest periods. Use cold mist vaporizer at night. Relieve fever with acetaminophen.
<b>G. I. ILLNESS</b>	1-7 days	Stools are loose and runny. Abdominal cramping. Sometimes vomiting.	As long as stools are loose and runny.	Give no drugs. Give plenty of fluids. Avoid milk products. Practice good hand washing.
<b>CROUP</b>	1-3 days	Wakes up in night with cough that sounds like a real bark and high pitched squeak with breathing. May have fever.	Most contagious 24 hours prior and after onset of symptoms. Usually about 7 days past onset of symptoms.	Take to bathroom, close door and turn on a hot shower. Sit in steamy bathroom, encourage child to drink. If breathing is not better in 20 minutes, call physician. Use cool air mister.