## COMMON INFECTIOUS ILLNESSES

**From birth to age 18**

### Symptoms

**COMMON SYMPTOMS:**

- Fever
- Sore throat
- Diarrhea
- Vomiting
- Rash
- Headache
- Cough
- Redness of eyes
- Nasal discharge
- Rash
- Fatigue
- Muscular pain
- Conjunctivitis

### Common Infectious Illnesses

<table>
<thead>
<tr>
<th>Illness</th>
<th>Incubation Period</th>
<th>Symptom Duration</th>
<th>Isolation Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickenpox</td>
<td>14 days</td>
<td>1-2 weeks</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Mumps</td>
<td>18-21 days</td>
<td>12-14 days</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Rabies</td>
<td>3-10 years</td>
<td>1-3 months</td>
<td>Indefinite</td>
</tr>
<tr>
<td>Pertussis</td>
<td>1-2 months</td>
<td>1-2 weeks</td>
<td>10 days</td>
</tr>
<tr>
<td>H1N1</td>
<td>3-7 days</td>
<td>1-3 days</td>
<td>10 days</td>
</tr>
<tr>
<td>Meningitis</td>
<td>Varies</td>
<td>Varies</td>
<td>Varies</td>
</tr>
</tbody>
</table>

**Notes:**

- Isolation periods are specific to the type of meningitis.
- Symptoms will vary depending on the type of meningitis.

### Transmission

**Transmission Routes:**

- Respiratory (droplets or contaminated surfaces)
- Contact with infected person or animal
- Enteric (via fecal-oral route)
- Direct contact with respiratory secretions
- Skin contact with infected person or animal
- Contaminated food or water

### Prevention

**Prevention Measures:**

- Good hand-washing and hygiene
- Proper disposal of soiled tissues
- Cover coughs and sneezes
- Avoid sharing drinks and utensils

- Chemoprophylaxis is recommended for all close contacts.

### Treatment

**Treatment Options:**

- Antibiotics
- Antiviral medications
- Supportive care

- Severe cases may require hospitalization.

### Reporting

**Reporting Requirements:**

- Promptly report any suspected cases to local health authorities.

### Containment

**Containment Measures:**

- Isolate infected individuals
- Proper disposal of soiled tissues
- Cover coughs and sneezes
- Avoid sharing drinks and utensils

### Resources

- Local health department
- CDC
- World Health Organization

---

**For more information visit [www.choa.org/schoolhealth](http://www.choa.org/schoolhealth)**