

Help prevent infections by: using the immunisation schedule to check parents are aware of routine immunisations, use the IPC guide to support infection prevention and control and the full A-Z for other infections not reportable to UK Health Security agency (UKHSA) Health Protection Team (HPT).

To report outbreaks/ seek advice from UKHSA South West HPT: 0300 303162 or email SWHPT@UKHSA.gov.uk



UKHSA IPC Guide UKHSA A-Z Guide Immunisation Schedule

Rashes and Skin Infections	Recommended exclusion period and Comments	Initial symptoms and mode of transmission
Chickenpox (varicella) and shingles	Until all blisters have crusted over. Shingles – if rash or blisters cannot be covered over. Infectious period: 2 days prior to rash appears until all blisters have crusted over. Self-limiting. Advise pregnant women to contact their GP if exposed and unsure if they have previously been infected. CONTACT UKHSA IF SETTING ALSO HAS CASES OF SCARLET FEVER	Sudden onset of fever, runny nose, cough and generalised rash. Spotty rash starts with fluid filled blisters. Direct contact with fluid from blisters.
Measles	Exclude as soon as measles is suspected until fully recovered – Highly infectious. Incubation period: Between 0-12 days but up to 21 days for symptoms to appear. Infectious period: 4 days prior to rash starting and 4 days after rash starts CONTACT UKHSA HPT AS SOON AS A MEASLES CASES IS SUSPECTED. Advise those who are unvaccinated (including under 1's), pregnant or immunocompromised to speak to the their GP or midwife immediately stating they may have been exposed to measles.	High temperature, a runny or blocked nose, sneezing, a cough, conjunctivitis and small white spots inside the cheeks. A rash appears 2-4 days after cold like symptoms started. Airborne transmission and direct contact. Preventable by 2 doses of MMR vaccination.
Panton-Valentine Leukocidin Staphylococcus aureus (PVL-SA)	None if lesion or wound can be covered. Contact UKHSA HPT is there are 2 or more cases at the setting. Do not allow infected person to visit gyms or swimming pools until the wounds have healed.	Develops into recurrent boils, skin abscesses or cellulitis. Direct contact and indirect contact with contaminated surfaces. Avoid sharing towels, flannels or bedding with others.
Rubella (German Measles)	Exclusion recommended – highly infectious. Viral infection. Infectious period: one week before symptoms start and for 5 days after the rash appears. If suspected request parents/ carers speak to their GP. Once confirmed by a laboratory, the HPT will contact you. Any unvaccinated or partially vaccinated staff should seek advice from their GP practice.	Swollen lymph glands around ears and back of head 5-10 days before the onset of a rash. Sore throat and runny nose 1-5 days before the rash. mild fever, headache, tiredness. Conjunctivitis and painful swollen joints. The red rash is mostly seen behind the ears and on the face and neck. Respiratory route or direct contact with saliva. Preventable by 2 doses of MMR vaccination.
Scabies	May recommend exclusion in specific circumstances e.g. children under five years and SEND. Skin infection caused by mites under the skin. Avoid close physical contact until 24 hours post first dose of treatment. Contact UKHSA if there are 2 or more cases of scabies within your setting.	Rash – generally tiny pimples and nodules on the skin. Attracted to the folds of the skin such as webs of fingers, wrists, palms, elbows, genitalia and buttocks. Direct contact with affected skin.
Scarlet Fever	Exclusion recommended. Exclude until 24 hours after starting antibiotic treatment. Highly infectious. Incubation period: 2-5 days.	Rash usually develops on the first day of fever: red, pinhead size and with a sandpaper texture. The tongue has a strawberry like appearance. Fever lasts 24-48 hours. Mild illness – in rare circumstances complications can develop. Respiratory route or indirect route via contaminated items e.g. eating and drinking utensils, or toys.
Respiratory Infections	Contact UKHSA HPT if there is: <ul style="list-style-type: none">• a higher than previously experienced and/or rapidly increasing number of staff or child absences due to acute respiratory infection.• evidence of severe disease due to respiratory infection, for example, child or staff member is admitted to hospital.	
Tuberculosis	Contact UKHSA HPT if you are informed of a suspected case of TB before taking any action.	
Diarrhoea and vomiting illnesses	Recommended exclusion period and Comments For all of this section note: Contact UKHSA HPT if there are higher than previously experienced or rapidly increasing numbers due to diarrhoea and vomiting.	Initial symptoms and mode of transmission
General advice	For some gastrointestinal infections, e.g cryptosporidium and E.coli STEC, longer periods of exclusion are required. For these speak to the UKHSA SW HPT or Torbay Council Environmental Health Officer who will advise if any action is required.	
Food poisoning	Exclusion is recommended. These can be caused by a variety of bacteria, viruses and parasites. The incubation period may vary due to this. Symptoms of food poisoning begin with 1 to 2 days typically but can be within a few hours and several weeks. Inform UKHSA HPT if there are two or more cases with similar symptoms linked in time or place or as above.	Diarrhoea and vomiting, nausea, abdominal pain and fever. Contact and indirect contact routes including contaminated food and drink.
Giardiasis	Exclusion recommended. Parasitic disease caused by a microscopic parasite, Giardia. Incubation between 5 and 25 days. Inform UKHSA HPT if 2 or more cases with similar symptoms linked in time or place or as above.	Symptoms may include abdominal pain, bloating, fatigue and pale, loose stools or diarrhoea. Contact and indirect contact routes including contaminated food and drink.
Norovirus	Exclusion recommended until 48 hours after symptoms have stopped and are well enough to return.	Nausea, diarrhoea and vomiting. Contact and indirect contact routes including contaminated surfaces including equipment, hands or toys. Less common respiratory route through coughing and sneezing.
Other Infections	Recommended exclusion period and Comments	Initial symptoms and mode of transmission
Hepatitis	Hepatitis A is a very contagious viral infection affecting the liver, exclusion recommended. Contact your UKHSA HPT if there are 2 or more cases with similar symptoms linked in time or place. Hepatitis B and C are not common viral infections in children. Exclusion not required. Contact UKHSA HPT for advice when needed.	Hepatitis A – abdominal pain, loss of appetite, nausea, fever, fatigue, followed by jaundice, dark urine and pale faeces. Direct contact routes or through eating or drinking contaminated food or water. Similar symptoms for Hepatitis B and C without abdominal pain. Some will have no symptoms. Direct and indirect contact with infected blood and bodily fluids entering the bloodstream.
Meningitis	Meningitis can be caused by bacteria or viruses. Bacterial Meningitis is less common but more serious than viral meningitis and needs urgent medical attention, it can lead to septicaemia (blood poisoning). Incubation is between 2-10 days. Exclusion is recommended. Notify UKHSA HPT if 2 cases of meningitis occur in your setting within 4 weeks.	Fever, severe headache, photophobia, neck stiffness, non-blanching rash, vomiting, drowsiness.
Meningococcal meningitis and septicaemia (sepsis)	These require immediate attention. There are 13 known groups of the bacteria, the most common in the UK are B and C. It is a rare but serious infection. Exclusion recommended. Inform UKHSA HPT of a case of meningococcal diseased in your setting.	Fever, severe headache, photophobia, drowsiness, non-blanching rash. Not all symptoms will be present. Respiratory route or direct contact with nose and throat secretions.