

Please note these Infectious Diseases are the ones most often experienced with our students. This information might be helpful.

Condition	The disease is spread by	Early Symptoms	Time between exposure and sickness	Exclusion from school, early childhood centre or work
Influenza	Coughing and sneezing. Direct contact with infected person	Sudden onset of fever with cough, sore throat, muscular aches and headache	1-4 (average about 2)	Until well
Streptococcal sore throat	Contact with secretions of a sore throat (coughing, sneezing etc.)	Headache, vomiting, sore throat. An untreated sore throat could lead to Rheumatic Fever	1-3 days	Exclude until well and/or has received antibiotic treatment for at least 24 hours