



# Guidelines for Infectious Diseases Reporting & Exclusion

[durham.ca/health](http://durham.ca/health) 2019

**The Health Protection and Promotion Act requires all Diseases of Public Health Significance be reported to Durham Region Health Department.**

## **Durham Region Health Department Contact Numbers:**

**Health Care Provider Reporting: ..... 905-668-7711 ext. 2996 or 1-800-841-2729 ext. 2996**

**Environmental Help Line: ..... 905-723-3818 or 1-888-777-9613**

**Disease Outbreaks/Rabies Exposure: ..... 905-723-3818 or 1-888-777-9613**






**Confidential Health Department Fax: ..... 905-666-6215**

**For general inquiries, visit us at [Durham.ca](http://Durham.ca) or contact the Durham Health Connection Line:  
905-666-6241 or 1-800-841-2729**

# Infectious Diseases Reporting Guidelines

Ontario Regulation 559/91 under the Health Protection and Promotion Act requires that institutions and facilities promptly report known or suspected cases of reportable diseases (see list on the back cover).

Use this flipchart to help you make your report. Diseases are categorized in colour-coded sections as follows:

-  **GREEN:** chickenpox monthly reporting
-  **PINK:** requires **immediate** reporting by telephone or fax
-  **PURPLE:** requires reporting as soon as possible
-  **BLUE:** diseases of interest
-  **YELLOW:** Tips to Stay Healthy

## **Reportable Diseases Chart on back**

Specific guidelines are included in those sections where reporting is required.

# Chickenpox Monthly Reporting

The Ministry of Health requires the total number of chickenpox cases by age group be reported to your local health department.

Please **fax** your reports to Durham Region Health Department at **905-666-6215** each month.

Disease	How is it spread?	Symptoms	When is it contagious?	Exclusion
<b>Chickenpox is caused by the varicella-zoster virus</b>	By touching the blisters By breathing in tiny droplets from infected people when they breathe, cough or talk	Fever Itchy rash Feeling tired Loss of appetite Headache The rash starts with tiny red spots that quickly become fluid-filled blisters	1-2 days before the rash appears until blisters have formed scabs (usually 5-7 days)	<b>Exclusion</b> is not recommended as transmission often occurs before the rash appears <b>Reporting</b> is required monthly to the Health Department

## Chickenpox Monthly Reporting

# Diseases of Public Health Significance

These are diseases that are reportable to Durham Region Health Department 905-668-7711 ext. 2996. Report diseases as soon as possible to ensure prompt follow-up and prevent the spread of disease.

Disease	How is it spread?	Symptoms	When is it contagious?	Exclusion
<b>Invasive Group A Streptococcal Disease is caused by bacteria</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions By sharing water bottles, straws, eating utensils, cigarettes, toothbrushes, and/or toys	Pain Joint pain/ swelling Fever/chills Muscle aches Flat red rash Nausea/vomiting/diarrhea Tiredness	7 days prior to onset of symptoms, and until 24 hours after prescribed treatment is started 10-21 days in untreated, uncomplicated cases	<b>Exclusion</b> until case has completed 24 hours of appropriate antibiotic treatment
<b>Meningitis is caused by bacteria, viruses, fungi, or parasites</b>	<b>Bacterial meningitis:</b> Through close contact with saliva, nose or throat secretions such as coughing, kissing, sharing toys, drinks, etc. <b>Viral meningitis:</b> Through close contact with saliva, nose or throat secretions or stool of someone who has the infection	High fever Severe headache Vomiting Confusion Stiff neck Rash Sensitivity to light Drowsiness Symptoms can develop suddenly	<b>Bacterial:</b> Until 24-48 hours after prescribed treatment is started <b>Viral:</b> Depends on the specific virus	<b>Bacterial Meningitis:</b> Excluded until 24-48 hours of appropriate antibiotic treatment has been completed <b>Viral meningitis:</b> Exclusion is dependent on the virus
<b>Measles is caused by a virus</b>	By droplets when an infected person coughs or sneezes Through close contact with saliva, nose or throat secretions	Fever Runny nose Cough Drowsiness Irritability Red eyes A red, blotchy rash appears 3-7 days after onset of symptoms	Measles is highly contagious from 4 days before to 4 days after the start of the rash The measles virus can remain in the air or on surfaces for at least 2 hours	<b>Exclusion</b> is for 4 days after the onset of the rash

## Reportable Diseases

Disease	How is it spread?	Symptoms	When is it contagious?	Exclusion
<b>Mumps is caused by a virus</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions By sharing water bottles, straws, eating utensils, cigarettes, toothbrushes, and/or toys	Swollen/tender salivary glands under the ears on one or both sides of the face Fever Headache Muscle aches Tiredness Loss of appetite	7 days before swelling begins and up to 5 days after the onset of swollen salivary glands	<b>Exclusion</b> is for 5 days after the start of swollen salivary glands
<b>Pertussis (Whooping Cough) is caused by bacteria</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions By sharing water bottles, straws, eating utensils, cigarettes, toothbrushes, and/or toys	Runny nose Sneezing Coughing The cough gradually gets worse over the next 1-2 weeks until there are episodes of repeated violent coughing. These coughing "fits" may be followed by vomiting, an inhaled breath or "whoop," or breathing may stop (apnea) Cough may last weeks to months	Pertussis is highly contagious Up to 3 weeks after the onset of cough if not treated with antibiotics No longer contagious after 5 days of starting appropriate treatment	<b>Exclusion</b> is for 5 days after the start of appropriate treatment
<b>Suspected Rabies Exposure</b>  <b>Rabies is caused by a virus that attacks the brain</b>	In the saliva from a bite or scratch from an infected mammal (i.e. dogs, cats, foxes, skunks, raccoons and bats)	Non-specific-fever Headache General malaise Neurological symptoms such as anxiety, confusion and agitation as disease progresses Once signs of rabies appear, the disease is nearly always fatal	3-7 days before the onset of symptoms and throughout the course of disease (depending on animal species)	None
<b>Rubella (German Measles) is caused by a virus</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions	Runny nose Red eyes Low grade fever Red rash Headache Malaise	7 days before and at least 4 days after onset of the rash	<b>Exclusion</b> is for 4 days after the onset of the rash
<b>Pulmonary Active Tuberculosis is caused by bacteria</b>	By droplets when an infected person coughs, sneezes or talks	Cough >3 weeks Coughing up blood Chest pain Fever/chills Weakness Weight loss Night sweats Fatigue Decreased appetite	As long as the bacteria are present in the sputum	<b>Exclusion</b> is determined by health care provider/public health

## Reportable Diseases (cont'd)

# Suspected Disease Outbreaks

Report these suspected disease outbreaks as soon as possible to Durham Region Health Department at 905-723-3818. When sudden abrupt increases in absenteeism occur, extra surveillance is needed to identify an outbreak.

Outbreak	Symptoms	Reporting	Exclusion
<b>Respiratory infections/Influenza-like illness</b> <b>Usually caused by viruses</b> <b>Some cases are vaccine preventable</b>	May include 2 or more of the following: runny nose cough sore throat nasal congestion fever >38 degrees Celsius chills muscle aches tiredness headache	Report to the Health Department when there is an increase in illnesses over and above the usual number of ill staff or children with similar signs and symptoms at any one time	Anyone with symptoms should stay home until a minimum of 48 hours symptom-free or as otherwise directed
<b>Gastroenteritis/Food Borne illness</b> <b>Usually caused by viruses and bacteria</b>	May include: nausea vomiting diarrhea fever chills headaches stomach cramps	Report to the Health Department when there is an increase in illnesses over and above the usual number of ill staff or children with similar signs and symptoms at any one time	Anyone with symptoms should stay home until a minimum of 48 hours symptom-free or as otherwise directed
<b>Environmental Hazards</b>	May include: unexplained eye irritation breathing problems dizziness rash	Report to the Health Department when there is a sudden increase in the number of children or staff who have reported similar signs and symptoms of illness in your facility	

# Diseases of Interest

These diseases are NOT reportable to Durham Region Health Department but may require medical intervention.

Disease	How is it spread?	Symptoms	When is it contagious?	Exclusion
<b>Conjunctivitis (Pink eye) can be caused by a virus or bacteria</b>	By droplets when an infected person coughs or sneezes By touching an infected person's tears, eye discharge, or runny nose By sharing articles contaminated with an infected person's eye secretions	Pink/red eyes Eyes may feel scratchy and/or painful Eyes may have tearing and/or discharge	<b>Viral pink eye:</b> contagious for 10 to 12 days after the start of symptoms <b>Bacterial pink eye:</b> contagious until 24 hours after antibiotics have started	<b>Viral pink eye:</b> until health care provider indicates child can return to school/daycare <b>Bacterial pink eye:</b> until 24 hours after antibiotic treatment has started
<b>Croup is caused by a virus</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions of an infected person By sharing water bottles, straws, eating	Begins like a cold Fever Throat and larynx become red and swollen "Bark" like cough that becomes worse at night Rapid, noisy, laboured breathing	Up to 7 days after onset of symptoms	Child may continue attending school or daycare if he or she feels well enough to take part in the activities
<b>Impetigo is caused by bacteria</b>	By contact with an infected person's impetigo rash By contact with contaminated objects (e.g. towels, bed sheets or clothing) Impetigo can enter the body through cut or cracked skin	Fluid filled blisters can ooze and become covered by an itchy, honey-coloured crust Most commonly affecting areas around the mouth, nose or on skin that is not covered by clothes	Until 24 hours after antibiotic treatment	<b>Exclusion</b> until 24 hours after antibiotic treatment has started
<b>Roseola is caused by a virus</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions of an infected person By contact with contaminated objects (toys, door handles, furniture or countertops)	High fever and irritability for 3-5 days When fever is gone, a rash consisting of small red spots appears on face and body, can last a few hours to 2 days The rash usually spreads to the neck, face, arms, and legs It is usually not itchy	Infectious while symptoms present	Child may continue attending school or daycare if he or she feels well enough to take part in the activities
<b>Strep Throat and Scarlet Fever are caused by the same bacteria</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions of an infected person	Sore throat Fever Swollen glands Headache Nausea Sore stomach Scarlet fever presents as a pink-red "sandpaper" like body rash	Until 24 hours after antibiotic treatment	<b>Exclusion</b> until 24 hours after antibiotic treatment has started

Disease	How is it spread?	Symptoms	When is it contagious?	Exclusion
<b>Fifth Disease is caused by a virus</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions of an infected person By sharing water bottles, straws, eating utensils, toothbrushes, cigarettes and/or toys Transmitted from mother to child before birth	Fever Feeling unwell Headache Nausea/Vomiting Joint pain/swelling Mild cold symptoms before rash appears Rash on the face "slapped cheek" appearance Red, blotchy, lace-like rash that appears on the torso about four days after the illness starts. The rash can spread to the rest of the body and be more well-defined after a warm bath (it can be itchy and last from 7 to 21 days)	Once the rash appears, the child is no longer contagious	None
<b>Hand, Foot &amp; Mouth Disease is caused by a virus</b>	By contact with an infected person's saliva or stool By sharing water bottles, straws, eating utensils, toothbrushes, cigarettes and/or toys	Fever Sore throat Headache Loss of appetite Lack of energy Vomiting/diarrhea Small, painful ulcers in the mouth Rash with small blisters that appear on the hands (palms), feet (soles), and buttocks	Most contagious during the first week of illness Virus can last up to 7-10 days Virus may remain in the stool for 4 weeks after onset of illness	None
<b>Head Lice is caused by insects</b>	By close head to head contact By contact with shared items (hats, combs, hairbrushes, headphones) of an infected person	Itching and scratching of head Scratch marks may be seen on the neck and scalp and may look like a rash Live nits or lice are usually found near the base of the hair shaft nearest the scalp Some people can have head lice without any symptoms	Head lice does not spread disease Live lice do not fly or hop, but crawl very quickly Lice can live for up to 30 days on a person's head, but they die within 2 days on a surface. If someone in the house has lice, check all family members Do not treat anyone with a head lice product unless you find live lice in their hair (check with your local pharmacy for approved treatments)	None
<b>Pinworm Infection is caused by a parasite</b>	By transfer of pinworm eggs by hand from anus to mouth By oral contact with objects contaminated with pinworm eggs (e.g. toys, clothing, toilet seats, baths, clothes or bedding) Eggs can live for up to 2 weeks outside the body	Some children with pinworms can have no symptoms Itchiness or irritation of the anus and vagina (especially at night) Disturbed sleep and irritability	As long as the worms or eggs are present	None
<b>Ringworm is caused by a fungus</b>	By contact with rash By contact with contaminated objects (combs, clothes, shower or pool surfaces) Can also be acquired from pets (cats and dogs)	Ring shaped rash with a raised edge that can be scaly, itchy, and flaky Most often occurs on the scalp, body, groin, or feet Ringworm on the foot is also known as "athlete's foot"	As long as untreated and/or uncovered sores are present	<b>Exclusion</b> until the first treatment has been applied
<b>Respiratory Syncytial Virus (RSV) is caused by a virus</b>	By droplets when an infected person coughs or sneezes By touching saliva, nose or throat secretions of an infected person By contact with contaminated objects (toys, door handles, furniture or countertops)	Cough Runny nose Fever Decreased appetite Lethargy Irritability	Infectious for 3 to 8 days	None

## Diseases of Interest (cont'd)



# Attending School or Child Care

## The child can attend school or child care if he or she:

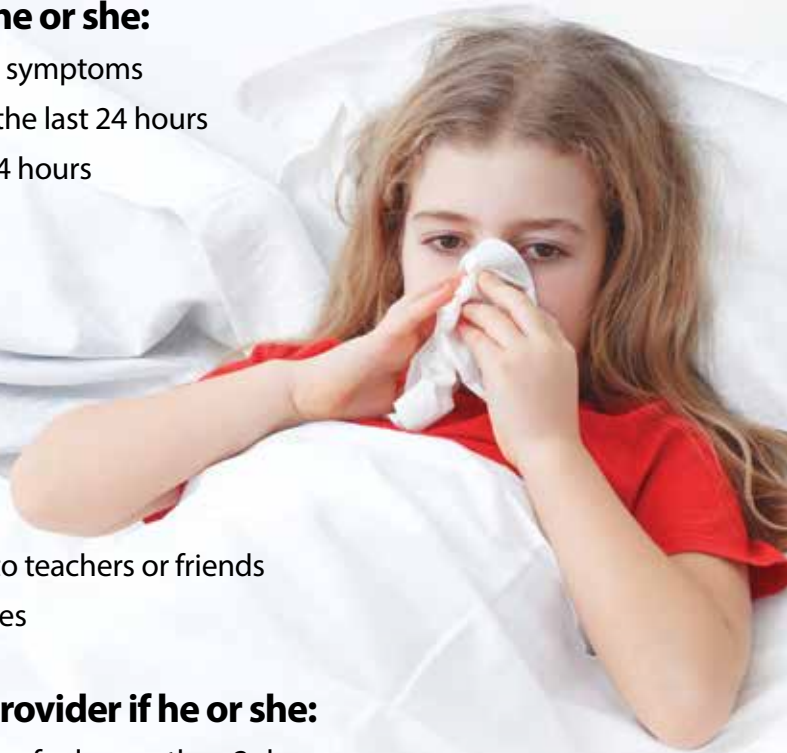
- Has a runny nose or a little cough, but no other symptoms
- Has not needed to take medicine for a fever in the last 24 hours
- Has not thrown up or had diarrhea in the last 24 hours

## The child should stay at home if he or she:

- Has a fever higher than 37.5° degrees Celsius
- Is throwing up or has diarrhea
- Has pink or crusty eyes
- Has a cough that keeps him or her awake
- Has a sore throat
- Has an infection or disease that can be spread to teachers or friends
- Is not well enough to participate fully in activities

## The child should be seen by a health care provider if he or she:

- Has had a fever higher than 37.5° degrees Celsius for longer than 2 days
- Has been throwing up or had diarrhea for longer than 2 days
- Has had a runny nose for more than a week and it is not getting better
- Is still having asthma symptoms after using regular asthma medication



**To talk to a public health nurse, call  
Durham Health Connection Line at  
1-800-841-2729 or 905-666-6241  
Monday to Friday 9am-5pm**

# Tips to Stay Healthy

## STOP THE SPREAD OF GERMS

Durham Region Health Department monitors rates of absenteeism in schools and child care centres. To help prevent the spread of germs and illnesses, promote these “Stay Healthy Tips” anytime, not just when someone is sick.

### ✓ **Keep Hands Clean**

- Wash hands thoroughly with liquid soap and warm water before eating, preparing food, after using the washroom, after changing diapers, after animal contact or when hands are visibly dirty
- Use hand sanitizer often but not when hands are visibly dirty
- If hands are dirty and there are no sinks around, clean hands with a wet wipe first, let dry and then use hand sanitizer
- Avoid touching your face

### ✓ **Cover your cough or sneeze**

Cough or sneeze into your sleeve. Germs can travel two metres with unguarded coughing or sneezing. Stay home when sick or as directed by your health care provider/public health.

### ✓ **Dispose used tissues**

Immediately dispose used tissues into waste. Clean your hands immediately after handling used tissues.

### ✓ **Don't share personal objects**

Some things are not meant for sharing. Do not share items such as water bottles, straws, eating utensils, cigarettes, toothbrushes, toys, or anything that has been in contact with saliva, nose or throat secretions.

### ✓ **Clean & disinfect commonly touched surfaces often**

Regular cleaning and disinfecting will help to remove germs. Some common-touch objects include taps, doorknobs, phones, and keyboards. Clean and disinfect more often when you or someone in your home is sick.

### ✓ **Keep up to date with Immunizations**

Some diseases are best prevented by vaccination. Speak to your health care provider to ensure you are up to date with your vaccines. Remember pets need immunizations too.

### ✓ **Be food safe**

- Wash hands before preparing foods
- Wash fruits and veggies before eating
- Cook meats and other hazardous foods thoroughly to proper temperature
- Separate raw from ready-to-eat foods
- Clean and sanitize cutting boards, knives and work surfaces
- Use safe drinking water

### ✓ **Practice a healthy lifestyle**

- Eat healthy
- Stay active
- Promote and support smoke-free living
- Get enough sleep

# Diseases of Public Health Significance

The following diseases are reportable to the local Medical Officer of Health (Ontario Reg 135/18) under the Health Protection and Promotion Act. **Bolded** diseases must be reported **immediately**. All other diseases may be reported on the next work day.

## Report diseases listed below to: Population Health Division

605 Rossland Road East, 2nd Floor  
P.O. Box 730, Whitby, ON L1N 0B2  
Phone: 905-668-7711 ext. 2996 or 1-800-841-2729  
Fax: 905-666-6215  
After Hours: 905-576-9991 or 1-800-372-1104

Acquired Immunodeficiency Syndrome (AIDS)  
Acute Flaccid Paralysis (AFP)

Chancroid

Chickenpox (Varicella)

*Chlamydia trachomatis* infections

### **Diphtheria**

Encephalitis, including:

1. Primary, viral
2. Post-infectious
3. Vaccine-related
4. Subacute sclerosing panencephalitis
5. Unspecified

Gonorrhoea

### **Group A Streptococcal disease, invasive**

Group B Streptococcal disease, neonatal

### **Haemophilus influenzae disease, all types, invasive**

Hepatitis, viral:

1. Hepatitis B
2. Hepatitis C

### **Measles**

Meningitis, acute:

1. bacterial
2. viral
3. other

### **Meningococcal disease, invasive**

Mumps

Ophthalmia neonatorum

Pertussis (Whooping Cough)

Pneumococcal disease, invasive

### **Poliomyelitis, acute**

Rubella

Rubella, congenital syndrome

### **Severe Acute Respiratory Syndrome (SARS)**

### **Smallpox**

Syphilis

Tetanus

Tuberculosis

## Report diseases listed below to: Health Protection Division

101 Consumers Drive, 2nd Floor,  
Whitby, ON L1N 1C4  
Phone: 905-723-3818 or 1-888-777-9613  
Confidential Fax: 905-666-1833  
After Hours: 905-576-9991 or 1-800-372-1104

Amebiasis

### **Anthrax**

Blastomycosis

### **Botulism**

### **Brucellosis**

*Campylobacter* enteritis

Carbapenemase-producing Enterobacteriaceae (CPE),  
infection or colonization

Cholera

*Clostridium difficile* Infection (CDI)

outbreaks in public hospitals

### **Creutzfeldt-Jakob Disease, all types**

Cryptosporidiosis

Cyclosporiasis

*Echinococcus multilocularis*

Food poisoning, all causes

Gastroenteritis, institutional outbreaks  
and public hospitals

Giardiasis, except asymptomatic cases

### **Hantavirus pulmonary syndrome**

### **Hemorrhagic fevers, including:**

1. **Ebola virus disease**
2. **Marburg virus disease**
3. **Lassa Fever**
4. **Other viral causes**

### **Hepatitis A**

Influenza

Legionellosis

Leprosy

Listeriosis

Lyme Disease

Paralytic Shellfish Poisoning (PSP)

Paratyphoid Fever

### **Plague**

Psittacosis/Ornithosis

### **Q Fever**

### **Rabies**

Respiratory infection outbreaks in institutions  
and public hospitals

Salmonellosis

Shigellosis

Trichinosis

Tularemia

Typhoid Fever

Verotoxin-producing *E. coli* infection indicator

conditions, including Haemolytic Uraemic Syndrome  
(HUS)

West Nile Virus Illness

Yersiniosis



**durham.ca/health**

If you require this information  
in an accessible format,  
contact 1-800-841-2729 or 1-888-777-9613



HEALTH  
DEPARTMENT