



2023

Guidelines for Infectious Diseases Reporting & Exclusion

Ontario Regulation 135/18 under the *Health Protection and Promotion Act* requires that institutions and facilities promptly report known or suspected cases of reportable diseases.

durham.ca/health

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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: 905-668-2020 or 1-800-841-2729 ext. 2996
Confidential 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

Coronavirus, novel, including

- **Severe Acute Respiratory Syndrome (SARS)**
- **Middle East Respiratory Syndrome**
- Coronavirus Disease (COVID-19)

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, 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

Smallpox and other Orthopoxviruses including Monkeypox

Syphilis

Tetanus

Tuberculosis

Report diseases listed below to: Health Protection Division

101 Consumers Drive, 2nd Floor, Whitby, ON L1N 1C4
Phone: 905-668-2020 or 1-800-841-2729 ext. 7369 press option 2
Confidential Fax: 905-666-1833
After Hours: 905-576-9991 or 1-800-372-1104

Amebiasis

Anaplasmosis

Anthrax

Babesiosis

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, novel

Influenza, seasonal

Legionellosis

Leprosy

Listeriosis

Lyme Disease

Paralytic Shellfish Poisoning (PSP)

Paratyphoid Fever

Plague

Powassan virus (POWV)

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



HEALTH
DEPARTMENT

durham.ca/health

If you require this information
in an accessible format,
contact 905-668-2020 or 1-800-841-2729



Diseases of Public Health Significance

These are diseases that are reportable to Durham Region Health Department 905-668-2020 or 1-800-841-2729 ext. 2996. Report diseases as soon as possible to ensure prompt follow-up and prevent the spread of disease.

For more information, see durham.ca/factsabout

Group A Streptococcal Disease, Invasive

How is it Spread?

- 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

Symptoms

- Pain
- Joint pain/ swelling
- Fever/chills
- Muscle aches
- Flat red rash
- Nausea/vomiting/diarrhea
- Tiredness

When is it Contagious?

- 7 days prior to onset of symptoms, and until 24 hours after prescribed treatment is started
- 10 - 21 days in untreated, uncomplicated cases

Exclusion

- Exclusion until completed 24 hours of appropriate antibiotic treatment

Meningitis

How is it Spread?

- Bacterial meningitis: Through close contact with saliva, nose or throat secretions such as coughing, kissing, sharing toys, drinks, etc.
- Viral meningitis: Through close contact with saliva, nose or throat secretions or stool of someone who has the infection

Symptoms

Symptoms can develop suddenly:

- High fever
- Severe headache
- Vomiting
- Confusion
- Stiff neck
- Rash
- Sensitivity to light
- Drowsiness

When is it Contagious?

- Bacterial: Until 24-48 hours after prescribed treatment is started
- Viral: Depends on the specific virus

Exclusion

- Bacterial Meningitis: Excluded until 24-48 hours of appropriate antibiotic treatment has been completed
- Viral meningitis: Exclusion is dependent on the virus

Measles

How is it Spread?

- By airborne droplets when an infected person coughs or sneezes
- By touching saliva, nose or throat secretions

Symptoms

- Fever
- Runny nose
- Cough
- Drowsiness
- Irritability
- Red eyes
- A red, blotchy rash appears 3 - 7 days after onset of symptoms. Depending on skin tone, the rash can be red, pink, darker or the same colour as surrounding skin.

When is it Contagious?

- 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

Exclusion

- Exclusion is for 4 days after the onset of the rash
-

Mumps

How is it Spread?

- 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

Symptoms

- Swollen/tender salivary glands under the ears on one or both sides of the face
- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite

When is it Contagious?

- 7 days before swelling begins and up to 5 days after the onset of swollen salivary glands

Exclusion

- Exclusion is for 5 days after the start of swollen salivary glands

Pertussis (Whooping Cough)

How is it Spread?

- 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

Symptoms

- 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

When is it Contagious?

- 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

Exclusion

- Exclusion is for 5 days after the start of appropriate treatment
- Exclusion is for 21 days after onset of cough if untreated

Suspected Rabies Exposure (Bites from Mammals)

All bites to humans from mammals must be reported to the Health Department for immediate follow-up.

How is Rabies Spread from Mammals to Humans?

- In the saliva from a bite or scratch from an infected mammal (i.e., dogs, cats, foxes, skunks, raccoons and bats)

Symptoms of Rabies in Humans

- 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

When is it Contagious in the Mammal?

- 3 - 7 days before the onset of symptoms and throughout the course of disease (depending on animal species)

Exclusion of Mammals

- Exclusion is determined by the Health Department

Rubella (German Measles)

How is it Spread?

- By droplets when an infected person coughs or sneezes
- By touching saliva, nose or throat secretions

Symptoms

- Runny nose
- Red eyes
- Low grade fever
- Headache
- Malaise

When is it Contagious?

- 7 days before and at least 4 days after onset of the rash

Exclusion

- Exclusion is for 7 days after the onset of the rash
-

Pulmonary Active Tuberculosis

How is it Spread?

- Close and prolonged exposure to someone with active Tuberculosis by airborne droplets when the infected person coughs, sneezes or talks

Symptoms

- Cough greater than 3 weeks
- Coughing up blood
- Chest pain
- Fever/chills
- Weakness
- Weight loss
- Night sweats
- Fatigue
- Decreased appetite

When is it Contagious?

- Your local Public Health Unit will be involved in assessing when an individual with Tuberculosis is contagious and will identify those who may have been exposed.

Exclusion

- Exclusion is determined by the individual's health care provider and local public health unit

Suspected Disease Outbreaks

Report these suspected disease outbreaks as soon as possible to Durham Region Health Department 905-668-2020 or 1-800-841-2729 ext. 2996. When sudden abrupt increases in absenteeism occur, extra surveillance is needed to identify an outbreak.

For more information, see durham.ca/factsabout

Respiratory Infections/COVID-19/Influenza-like Illness

Symptoms

May include 2 or more of the following:

- runny nose
- cough
- sore throat
- nasal congestion
- fever greater than or equal to 37.8 degrees Celsius in one ear
- chills
- muscle aches
- tiredness
- headache

Reporting

- 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

Exclusion

- Anyone with symptoms should stay home until fever/symptom-free for a minimum 24 hours or as otherwise directed

Gastroenteritis/Food Borne illness

Symptoms

May include:

- nausea
- vomiting
- diarrhea
- fever greater than or equal to 37.8 degrees Celsius in one ear
- chills
- headache
- stomach cramps

Reporting

- 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

Exclusion

- Anyone with symptoms should stay home until fever/symptom-free for a minimum 48 hours or as otherwise directed

Environmental Hazards

Symptoms

May include:

- unexplained eye irritation
- breathing problems
- dizziness
- rash

Reporting

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

For more information, see durham.ca/factsabout

Conjunctivitis (Pink Eye)

How is it Spread?

- 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

Symptoms

- Pink or red eyes
- Eyes may feel scratchy and/or painful
- Eyes may have tearing and/or discharge

When is it Contagious?

- Viral pink eye: contagious for 10 to 12 days after the start of symptoms
- Bacterial pink eye: contagious until 24 hours after antibiotics have started

Exclusion

- Viral pink eye: until health care provider indicates child can return to school/daycare
- Bacterial pink eye: until 24 hours after antibiotic treatment has started

Croup

How is it Spread?

- 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

Symptoms

- Begins like a cold
- Fever
- Throat becomes red and swollen
- “Bark” like cough that becomes worse at night
- Rapid, noisy, labored breathing

When is it Contagious?

- Up to 7 days after onset of symptoms

Exclusion

- Child may continue attending school or daycare if they feel well enough to participate in the activities
-

Impetigo

How is it Spread?

- 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

Symptoms

- Fluid filled blisters can ooze and become covered by an itchy, honey-colored crust
- Most commonly affecting areas around the mouth, nose or on skin that is not covered by clothes

When is it Contagious?

- From onset of symptoms until 24 hours after antibiotic treatment

Exclusion

- Exclusion until 24 hours after antibiotic treatment has started
- Cover exposed skin lesions

Roseola

How is it Spread?

- 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 (e.g., toys, door handles, furniture, or countertops)

Symptoms

- High fever and irritability for 3-5 days
- When fever is gone, a rash appears consisting of small red spots on the face and body that can last a few hours to 2 days. Depending on skin tone, the rash can be red, pink, darker or the same colour as the surrounding skin.
- The rash usually spreads to the neck, face, arms, and legs and is usually not itchy

When is it Contagious?

- Infectious while symptoms are present

Exclusion

- Child may continue attending school or daycare if they feel well enough to participate in the activities
-

Strep Throat & Scarlet Fever

How is it Spread?

- By droplets when an infected person coughs or sneezes
- By touching saliva, nose or throat secretions of an infected person

Symptoms

- Sore throat
- Fever
- Swollen glands
- Headache
- Nausea
- Sore stomach
- Scarlet fever presents as a red “sandpaper” like body rash. Depending on skin tone, the rash can be red, pink, darker or the same colour as surrounding skin.

When is it Contagious?

- Until 24 hours after antibiotic treatment

Exclusion

- Exclusion until 24 hours after antibiotic treatment has started

Fifth Disease

How is it Spread?

- 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

Symptoms

- 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. Depending on skin tone the rash can be red, pink, darker or the same colour as surrounding skin.
- 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)

When is it Contagious?

- Fifth disease is contagious several days before the rash appears. Once the rash appears, the child is no longer contagious.

Exclusion

- Child may continue attending school or daycare if they feel well enough to participate in the activities

Hand, Foot & Mouth Disease

How is it Spread?

- By contact with an infected person's saliva or stool
- By sharing water bottles, straws, eating utensils, toothbrushes, cigarettes and/or toys

Symptoms

- 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 palms of the hands and soles of the feet and buttocks

When is it Contagious?

- Most contagious during the first week of illness
- Virus can last 7-10 days
- Virus may remain in the stool for 4 weeks after onset of illness

Exclusion

- Child may continue attending school or daycare if they feel well enough to participate in the activities

Head Lice

How is it Spread?

- By close head-to-head contact
- By contact with items shared with an infected person (e.g., hats, combs, hairbrushes, headphones)

Symptoms

- 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

When is it Contagious?

- As long as lice or eggs remain viable on the infested person or on fomites
- 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 health care provider or pharmacy for approved treatments)

Exclusion

- None
-

Pinworm Infection

How is it Spread?

- 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

Symptoms

- Some children with pinworms can have no symptoms
- Itchiness or irritation of the perianal region (especially at night)
- Disturbed sleep and irritability

When is it Contagious?

- If the worms or eggs are present

Exclusion

- None

Ringworm

How is it Spread?

- By contact with someone who has the infection
- By contact with contaminated objects (e.g., combs, clothes, shower or pool surfaces)
- Can also be acquired after touching an animal that has ringworm such as from pets (e.g., cats and dogs)

Symptoms

- 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”

When is it Contagious?

- If untreated and/or uncovered sores are present

Exclusion

Exclusion until the first treatment has been applied

Respiratory Syncytial Virus (RSV)

How is it Spread?

- 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 or surfaces (e.g., toys, door handles, furniture, or countertops)

Symptoms

- Cough
- Runny nose
- Fever
- Decreased appetite
- Lethargy
- Irritability

When is it Contagious?

- Infectious for 3 - 8 days

Exclusion

- Anyone with symptoms should stay home until a minimum of 24 hours symptom-free or as otherwise directed

Chickenpox Monthly Reporting

The Ministry of Health requires the total number of chickenpox cases by age group to be reported to your local health department. Please fax your reports to Durham Region Health Department at 905-666-6215 each month. Alternatively, you may call Durham Region Health Department 905-668-2020 or 1-800-841-2729 ext. 2996 to verbally report monthly cases.

To access the Monthly Notification of Chickenpox form, see [Chicken Pox Reporting](#).

For more information, see durham.ca/factsabout

Chickenpox

- Chickenpox is caused by the varicella-zoster virus

How is it Spread?

- By touching the blisters
- By breathing in tiny droplets from infected people when they breathe, cough, or talk

Symptoms

- Fever
- Itchy rash
- Feeling tired
- Loss of appetite
- Headache
- The rash starts with tiny red spots that quickly become fluid-filled blisters. Depending on skin tone, the rash can be red, pink, darker or the same colour as surrounding skin.

When is it Contagious?

- 1 - 2 days before the rash appears until blisters have formed scabs (usually 5 - 7 days)

Exclusion

- Child may continue attending school or daycare if they feel well enough to take part in the activities

Attending School or Child Care

To talk to a public health nurse, call Durham Region Health Department 905-668-2020 or 1-800-841-2729 ext. 2996.

Monday to Friday 9:00 a.m. – 5:00 p.m.

The child can attend school or childcare if they:

- Have a runny nose or a little cough, but no other symptoms
- Have not needed to take medicine for a fever in the last 48 hours
- Have not vomited or had diarrhea in the last 48 hours

The child should stay at home if they:

- Have fever greater than or equal to 37.5 degrees Celsius in one ear
- Are throwing up or have diarrhea
- Have pink or crusty eyes
- Have a cough that keeps them awake
- Have a sore throat
- Have an infection or disease that can be spread to teachers or friends
- Are not well enough to participate fully in activities

The child should be seen by a health care provider if they:

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

Tips to Stay Healthy

Durham Region Health Department monitors rates of absenteeism in schools and childcare centers. 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, before and after 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 meters with unguarded coughing or sneezing. Stay home when sick or as directed by your health care provider/public health.

✓ **Discard used tissues**

Immediately discard 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 and after 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

Durham Region Health Department Contact Numbers



Health Care Provider Reporting Line:	905-668-2020 or 1-800-841-2729 ext. 2996
Disease Outbreaks/Rabies Exposure:	1-800-841-2729 ext. 7369
Confidential Health Department Fax:	905-666-6215
For general inquiries, visit us at durham.ca or contact the Durham Health Connection Line:	905-668-2020 or 1-800-841-2729

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