



DURHAM  
REGION

HEALTH  
DEPARTMENT



2026

# 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](https://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  
Online Reporting: [durham.ca/DophsReport](http://durham.ca/DophsReport)

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 Mpox**

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. 1813  
Confidential Fax: 905-666-1833  
After Hours: 905-576-9991 or 1-800-372-1104  
Online Reporting: [durham.ca/DophsReport](http://durham.ca/DophsReport)

Amebiasis

Anaplasmosis

### **Anthrax**

Babesiosis

Blastomycosis

### **Botulism**

### **Brucellosis**

*Campylobacter* enteritis

### **Candida Auris**

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  
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[durham.ca/health](http://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](https://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 greater than 38 degrees Celsius/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 24 hours of appropriate antibiotic treatment has been completed

# 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:

- Fever greater than 38 degrees Celsius
- 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: Exclusion 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 greater than 38 degrees Celsius
- 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 greater than 38 degrees Celsius
- 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

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## 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?

- By contact with the saliva of infected animals. The virus is transmitted via a bite, scratch, or contact with non-intact skin or mucous membranes (e.g., 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

- No human exclusions required. The Health Department will determine confinement/exclusion of mammals

## 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 greater than 38 degrees Celsius/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

Durham Region Health Department requests that child care centre operators report outbreaks via our Child Care Centre Outbreak Reporting Form found online at [durham.ca](http://durham.ca) (**Operating a Child Care Program**).

**For more information, see [durham.ca/factsabout](http://durham.ca/factsabout)**

## Respiratory Infections/COVID-19/Influenza-like Illness/RSV

### How are they 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

May include one or more of the following:

- Runny nose
- Cough
- Sore throat
- Nasal congestion
- Fever greater than 38 degrees Celsius
- Chills
- Muscle aches
- Tiredness
- Headache
- Decreased appetite
- Lethargy
- Irritability depending on the infectious agent, gastrointestinal/enteric symptoms may also be present and include nausea, vomiting, diarrhea, cramps

### Reporting

- While the Health Department is not currently declaring respiratory outbreaks in child care centres or schools, we do encourage child care operators to contact the Health Department to receive further guidance with respect to initiating appropriate infection control measures
- If child care operators have questions or concerns about increased respiratory activity, please contact the health department for further guidance and infection control information

### Exclusion

- Anyone with respiratory symptoms should stay home until fever/symptom-free for a minimum 24 hours or as otherwise directed
- Anyone experiencing enteric symptoms (e.g., vomiting, diarrhea) should remain home until fever/symptom-free for a minimum 48 hours or as directed

# Gastroenteritis/Food Borne illness

## Symptoms

May include:

- Nausea
- Vomiting
- Diarrhea
- Fever greater than 38 degrees Celsius
- Chills
- Headache
- Stomach cramps

## Reporting

- Report to the Health Department as follows:
  - when 2 or more children or staff experience initial symptoms within a 48-hour period and there is a common link within the centre (e.g., same room)

AND

- each symptomatic child/staff has had 2 or more episodes of vomiting and/or diarrhea within a 24-hour period

## Exclusion

- Anyone experiencing vomiting and/or diarrhea should stay home until fever/symptom-free for a minimum 48 hours or as otherwise directed

# 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](https://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: Exclusion until health care provider indicates child can return to school/daycare
- Bacterial pink eye: Exclusion 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 greater than 38 degrees Celsius
- 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 all 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
- Upon return to school or childcare, any exposed skin lesions must be covered with a clean, dry dressing

## 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

- Fever greater than 38 degrees Celsius 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 all 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 greater than 38 degrees Celsius
- 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 greater than 38 degrees Celsius
- 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

- Staff may not attend work until they are fever free and able to perform all their regular duties
- Children may not attend school or child care until they are fever free and well enough to participate in all 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 greater than 38 degrees Celsius
- 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

- Staff may not attend work until they are fever free and able to perform all their regular duties
- Children may not attend school or child care until they are fever free and well enough to participate in all 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 on the infested person or on personal items (e.g. hats, brushes, bedding)
- 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

- Children or staff are to be excluded at the end of the day once live head lice are identified. Once treatment has been initiated, children/staff may return to school or child care as usual
- 

## 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

# Chickenpox

For more information, see [durham.ca/factsabout](https://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 greater than 38 degrees Celsius
- 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

- Children may not attend school or child care until they are fever free and well enough to participate in all activities

# Attending School or Child Care

To call Durham Region Health Department 905-668-2020 or 1-800-841-2729.

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

The child or staff can attend school or child care if they:

- Have a runny nose or a little cough, but no other symptoms. No new or worsening cough or runny nose
- Have not needed to take medicine for a fever in the last 24 hours
- Have not vomited or had diarrhea in the last 48 hours

The child or staff should stay at home if they:

- Have new symptom(s), worsening, and not related to other known causes or conditions
- Respiratory symptoms include cough, runny or stuffy/congested nose, sore throat, shortness of breath, fever and/or chills
- Have fever greater than 38 degrees Celsius
- Are vomiting or have diarrhea
- Have pink or crusty eyes
- Have a cough that keeps them awake
- Have a sore throat
- Have a diagnosed or suspected infection or disease that can be spread to teachers or friends
- Are not well enough to participate fully in activities

In addition to staying home, the child or staff should be seen by a health care provider if they:

- Have had a fever greater than 38 degrees Celsius for longer than 2 days
- Have been vomiting or had diarrhea for longer than 2 days
- Have had a runny nose 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 child care 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 and after 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 metres 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 or eating foods.
- Wash fruits and veggies before eating.
- Cook meats and other hazardous foods to the 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 <a href="http://durham.ca">durham.ca</a> or contact the Durham Health Connection Line:	905-668-2020 or 1-800-841-2729