

# Control of Communicable Diseases

Population and Public Health recommends the following measures to control the spread of disease:

- Hand hygiene, cough etiquette, staying home when ill.
- Children who have signs of illness such as fever, vomiting, diarrhea or rashes should not attend school until they are well and/or have been treated by a doctor.
- Children with the following diseases must be treated **before** returning to school:
  - eye infections
  - impetigo
  - ringworm
  - scabies
  - scarlet fever
  - strep throat
- Children with the following diseases **may not** return to school until parents call **Disease Control at 306-655-4612** to discuss a return date:
  - measles
  - mumps
  - rubella
- Children with chickenpox may return to school when they are feeling well.
- Children with pertussis may return to school when they feel well enough to do so. Children will be excluded for 5 days after they start medication or 21 days from onset of coughing attacks **only** when there is a staff person (in the same classroom as the case), who is in the last 3 months of pregnancy.
- Schools are required to report any person diagnosed with **pertussis, measles, mumps, rubella** to Population and Public Health by calling **306-655-4612**.

Disease	Incubation Period The time it takes for the first signs or symptoms to appear after the germ enters the body.	Infectious Period The time during which a germ can spread to other people.	Exclusion Period The time a person must stay at home to prevent the spread of infection.
<b>Measles</b>	7 - 18 days (rash comes 2 - 4 days after illness starts)	4 days before, to 4 days after rash appears	4 days from the time rash appears
<b>Rubella</b>	14 - 23 days	7 days before, to 5 days after rash appears	7 days from the time rash appears
<b>Mumps</b>	14 - 25 days	1 week before, and 9 - 14 days after onset of illness	5 days after swelling appears and extend to 9 if case remains symptomatic

*For more information, contact the nearest Population and Public Health Office:*

Saskatoon & Surrounding Area Locations		Rural Area Locations	
North East	306-655-4700	Humboldt	306-682-2626
Our Neighbourhood Health Centre	306-655-3250	Toll Free	1-855-613-8205
South East	306-655-4730	Rosthern	306-232-6001
	Toll Free 1-855-613-8216	Toll Free	1-888-301-4636
West Winds Primary Health	306-655-4275	Wadena	306-338-2538
	Toll Free 1-855-295-9166	Toll Free	1-855-338-9944
Specialized Immunization & Travel Health	306-655-4780	Watrous	306-946-2102
		Toll Free	1-877-817-9336

[www.saskatoonhealthregion.ca/publichealth](http://www.saskatoonhealthregion.ca/publichealth)