



# NOROVIRUS

**Common symptoms:** Sudden onset of vomiting and/or diarrhea, abdominal cramps, and nausea. Symptoms usually last 24 to 72 hours but prolonged illness can occur. Fever and headache may accompany gastrointestinal tract symptoms.

**Recommendations:** For the patient, exclude from school and child care for 48 hours after symptoms resolve. Infants and children should be excluded from child care centers until stools are contained in the diaper or when toilet-trained children no longer have accidents using the toilet and when stool frequency becomes no more than 2 stools above the child's normal frequency. For close contacts, exclusion is not indicated.

**Transmission:** Primarily by the fecal-oral route through direct contact or ingestion of contaminated food or water, or by touching contaminated surfaces. Transmission is also possible through direct contact with vomit, exposure to contaminated surfaces and aerosolized vomitus of an infected person.

“**Remember to wash  
your hands!**”



# PINK EYE

**Common symptoms:** Pink or red eye with swelling of the eyelids and eye discharge. Eyelids may be matted shut after sleep. May involve one or both eyes.

**Recommendations:** For the patient, exclude from school or child care while symptomatic or until cleared to return by a healthcare provider. For close contacts, exclusion is not indicated.

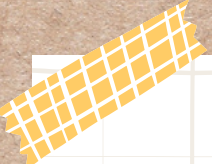
**Transmission:** By contact with discharge from the conjunctivae or contaminated articles, if the cause of bacterial or viral.

# RSV

**Common symptoms:** Runny nose, sneezing, mild headache, sore throat, aches and pains, fever, and wheezing.

**Recommendations:** For the patient, exclude from daycare until at least 24 hours following resolution of fever without the use of fever-reducing medications. For close contacts, exclusion is not indicated if they remain symptom-free.

**Transmission:** Contact with droplets from the nose and throat of infected people when they cough and sneeze.



# FALL 2023 PARENTS' GUIDE TO DISEASES

**PORTSMOUTH**  
Health Department







# COVID-19

**Common symptoms:** Patients may be asymptomatic. Patients who develop symptoms may have a wide variety of symptoms including but not limited to fever and/or chills, cough, shortness of breath, runny nose, new loss of taste or smell, diarrhea, and congestion.

**Recommendations:** Isolation depends on symptoms, so visit the link below for the latest isolation guidelines. For close contacts, exclusion is not indicated.

**Transmission:** COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth.

More information about COVID-19



# HAND, FOOT, MOUTH DISEASE

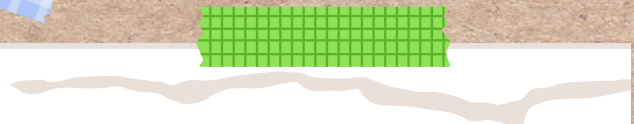
**Common symptoms:** Usually starts with a fever, poor appetite, a general feeling of being unwell, and sore throat. One or two days after fever starts, painful sores usually develop in the mouth and a skin rash might appear. The rash is usually on the palms of the hands and soles of the feet, but might also appear on the knees, elbows, buttocks or genital area.

**Recommendations:** For patients, they should not go to school or child care for at least 24 hours after fever is gone without the use of fever-reducing medicine. If the rash is still present, talk to the child's healthcare provider about how long to wait for the rash to clear up before it is okay to go back to school or child care. A child with sores that are draining fluids should not go to school or child care.

**Transmission:** Direct contact with the virus. It can also be spread when infected persons touch objects and surfaces that are then touched by others.



# FLU



**Common symptoms:** Sudden onset of fever, nonproductive cough, chills, headache, and fatigue. Subsequently, respiratory tract symptoms (sore throat, nasal congestion) become more prominent.

**Recommendations:** For the patient, exclude from school and child care until at least 24 hours following resolution of fever without the use of fever-reducing medications. For close contacts, exclusion is not indicated.

**Transmission:** Person-to-person by respiratory droplets created by coughing or sneezing. Another mode of transmission comes from contact with influenza virus droplet-contaminated hands or surfaces, where it can remain for up to 24 hours, with transfer from hands to mucosal surfaces of the face.

