

Disease	Time between exposure and sickness	This disease is spread by...	Early signs	Infectious period	Action to be taken ¹
* Salmonella	6 - 72 hours usually 12 - 36 hours.	Undercooked food like chicken, eggs and meat; food or water contaminated with faeces from an infected person or animal; or direct spread from an infected person or animal.	Stomach pain, fever and diarrhoea.	Until well, and possibly weeks or months after.	Exclude from service until well with no further diarrhoea.
Streptococcal Sore Throat	1 - 5 days.	Usually contact with the secretions of a strep sore throat.	Headache, vomiting, sore throat.	For 24 - 48 hours after treatment with antibiotics is started.	Exclude from service until 24 hours after antibiotics started.
* Whooping Cough (immunisation usually prevents this illness)	4 - 10 days.	Coughing. Adults and older children may pass on the infection to babies .	Running nose, persistent cough followed by "whoop", vomiting or breathlessness.	From runny nose stage and for 3 weeks after the onset of cough, if not treated with antibiotics . Or until 5 days of antibiotic treatment.	Exclude from service until 21 days from onset of coughing or after 5 days antibiotics.

Note: Conditions marked with an asterisk (*) are notifiable diseases.

