



杭州市萧山区惠立学校
HUILI SCHOOL HANGZHOU

杭州市萧山区惠立学校儿童常见急性传染病隔离要求 Isolation requirements for pupils with contagious diseases, HSH

如果您的孩子被确诊为传染性疾病，请您立即将医疗诊断书面文件提交给学校医务室。以便学校及时采取措施防止疫情蔓延。有关于传染性疾病的隔离期及返校指征，详情如下：

If your child has been diagnosed with a contagious disease, please immediately provide medical documents with a diagnosis to the school clinic, so that the school is able to take steps for preventing the spread. Please see a detailed time of isolation below:

呼吸道传染病类 Respiratory Contagious Diseases	常见症状 Common Symptoms/signs	隔离期 Isolation	复课证明 Fitness certificates
流感 Influenza	发热、咽痛、咳嗽、畏寒、流涕、头痛、恶心呕吐、肌肉疼痛、乏力、头晕、耳部疼痛、食欲减退、腹泻、疲乏。 Fever, sore throat, chills, runny nose, headache, nausea and vomiting, muscle aches, weakness, dizziness, ear pain, loss of appetite, diarrhea, tiredness	体温正常，其他流感样症状（咳嗽、咽痛等）消失后 48 小时。 48 hours since fever has gone, no flu symptoms (cough or sore throat etc.)	返校时签署健康承诺书 Sign fitness letter when returning to school

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<p>流行性脑脊髓膜炎</p> <p>Epidemic cerebrospinal meningitis(DCSM)</p>	<p>发热，头痛、呕吐、皮肤瘀点及颈项强直等脑膜刺激征。</p> <p>Fever, headache, vomiting, skin ecchymosis, neck rigidity and other signs of meningeal irritation.</p>	<p>症状消失后 3 天，且不少于病后 7 天。</p> <p>3 days after symptoms/signs have cleared. At least 7 days after the beginning of symptoms.</p>	<p>是 Yes</p>
<p>猩红热</p> <p>Scarlet fever</p>	<p>类似晒斑样皮疹并伴有砂纸样粗糙感，一般持续 2-7 天，皮疹消退时手足表皮大片脱落，发热，恶心呕吐，咽痛，杨梅舌（舌乳头红肿），面部充血潮红，口周相形之下显得苍白。</p> <p>Sunburn-like rash that feels rough sandpaper, usually last 2-7 days, when rash fades, skin on hands and feet may start to peel, fever, nausea and vomiting, sore throat, strawberry-like tongue (swollen and red), flushed cheeks and pale area around mouth.</p>	<p>症状（咽部炎症及皮疹）消失，且自治疗之日起不少于 7 天。</p> <p>Symptoms/signs have cleared, at least 7 days since the treatment started.</p>	<p>是 Yes</p>

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麻疹 Measles	发热、咳嗽、鼻塞流涕、眼结膜红肿多泪，口腔内出现灰白色小点，外有红色晕圈，即麻疹黏膜斑，脸部最先出现暗红色斑丘疹，并逐渐蔓延至全身，发病后 3 至 7 天内出现皮疹，皮疹持续约 4 至 7 天。 Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centers in the mouth. Dusky red, blotchy rash that begins on the face and spreads all over the body. Rash begins on the 3rd and 7th day of illness and lasts 4 to 7 days.	隔离至出疹后 5 天，合并肺炎者隔离至出疹后 10 天。 5 days since eruption. If there is complication of pneumonia, 10 days since eruption.	是 Yes
风疹/德国麻疹 Rubella/German measles	发热、头痛、食欲减退、疲乏、咳嗽、流涕、咽痛。通常于发热 1~2 天后出现皮疹，皮疹初见于面颈部，迅速扩展躯干四肢，1 天内布满全身。 Fever, headache, loss of appetite, tiredness, cough, runny nose, sore throat. Usually rash occurs after 1-2 days since fever, spread throughout the body and limbs in 1 day.	隔离至出疹后 5 天。 5 days since eruption.	是 Yes
流行性腮腺炎 Mumps	发热，头痛，腮腺肿大伴疼痛（位于耳朵前后或下颌下方） Fever, headache, swollen and painful salivary glands (found in front of and below the ear or under the jaw)	隔离至腮腺肿胀完全消失。 Until parotid gland swelling is gone.	是 Yes

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<p>水痘</p> <p>Chicken pox/Varicella</p>	<p>皮疹出现前可有轻度发热，皮疹通常先发于头面部、躯干，然后蔓延至四肢。皮疹初始为细小的红色斑丘疹，逐渐演变为内有脓液的水疱疹并伴有瘙痒感，水疱通常小于周围红晕的 1/4，水疱破溃后逐渐干涸结痂，病程一般持续 10 天左右。</p> <p>Slight fever may be present before a rash develops. Rash usually first appears on body, face, and scalp. It then spreads to limbs. Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters. Blisters are usually less than ¼ wide and have a red base. After the blister breaks, open sores will crust over to form dry, brown scabs. Usually lasts for about 10 days.</p>	<p>隔离至疱疹全部干燥结痂为止。</p> <p>All sores crusted over.</p>	<p>是 Yes</p>
<p>腺病毒感染</p> <p>Adenovirus infection</p>	<p>发热、咽痛、咳嗽、畏寒、流涕、头痛、恶心呕吐、肌肉疼痛、乏力、头晕、食欲减退、腹泻、疲乏。</p> <p>Fever, sore throat, chills, runny nose, headache, nausea and vomiting, muscle aches, weakness, dizziness, loss of appetite, diarrhea, tiredness</p>	<p>体温正常，其他流感样症状（咳嗽、咽痛等）消失后 48 小时。</p> <p>48 hours since fever has gone, no flu symptoms (cough or sore throat etc.)</p>	<p>返校时签署健康承诺书</p> <p>Sign fitness letter when returning to school</p>

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<p>肺结核 Tuberculosis</p>	<p>低热, 咳嗽、咳痰、咯血、胸痛、胸闷或呼吸困难。 Mild fever, cough with expectoration, hemoptysis, chest pain and stuffiness, breathing difficulty.</p>	<p>学校凭定点医院*的证明休复学 Back to school with certificates from designated hospital*.</p>	<p>是 Yes</p>
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***肺结核定点医院 Designated hospitals for Tuberculosis**

萧山第一人民医院 Xiaoshan General Hospital

地址: 杭州市萧山区城厢镇市心中路 199 号

Address: 199 Shizhongxin Rd, Chengxiang Town, Xiaoshan District, Hangzhou

电话 Tel: 0571-83807999

杭州红十字会医院 Hangzhou Red Cross Hospital

地址: 杭州市环城东路 208 号

Address: 208 East Huancheng Rd. Hangzhou

电话 Tel: 0571-56109588

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肠道传染病类 Intestinal Contagious Diseases	常见症状 Common Symptoms/signs	隔离期 Isolation	复课证明 Fitness certificates
霍乱 Cholera	呕吐, 频繁腹泻, 米泔样水便。 Vomiting, Frequent diarrhea, Washed rice water-like stool.	症状消失后, 且停抗菌药后, 连续 2 天粪便培养, 未检出霍乱弧菌者, 可解除隔离。 Symptoms/signs have cleared, no antimicrobial agents. Vibrio cholerae is negative in stool test for consecutive 2 days.	是 Yes
手足口病 Hand Foot Mouth Disease (HFMD)	发热, 咽痛, 头痛, 口腔黏膜出现散在疱疹伴疼痛 (持续 4 至 6 天), 手掌、手指和足底出现疱疹, 持续 7 至 10 天。 Fever, Sore throat, Headache, Painful sores inside the mouth (last 4-6days), Blisters on the palms of hands, fingers, and on the soles of their feet for 7 to 10days.	自发病后 14 天。 14 days after symptoms developed	是 Yes

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<p>疱疹性咽峡炎</p> <p>Herpangina</p>	<p>发热, 咽痛, 口腔后部出现疱疹, 颈部淋巴结肿大, 有时可出现皮疹。</p> <p>Fever, Sore throat, Blisters in the back of the mouth, enlarged lymph nodes along the neck (lymphadenopathy), Rash may or may not be present.</p>	<p>自发病后 14 天。</p> <p>14 days after symptoms developed</p>	<p>是 Yes</p>
<p>伤寒和副伤寒</p> <p>Typhoid and Paratyphoid</p>	<p>高热(39-40°C), 持续 1-2 周, 肌肉疼痛, 寒战, 食欲减退, 头痛, 鼻血。</p> <p>Persistent high fever (39-40°C) for 1-2 weeks, Muscle pain, Chills, Decreased appetite, Headache, Nosebleed.</p>	<p>临床症状完全消失后 2 周或临床症状消失、停药一周后, 粪检 2 次阴性 (2 次粪检间隔 2-3 天), 方可解除隔离。</p> <p>2 weeks after symptoms/signs have cleared. Or 1 week after symptoms/signs have cleared and no medication, twice stool tests (interval of 2-3 days) are negative.</p>	<p>是 Yes</p>

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<p>甲型病毒性肝炎</p> <p>Hepatitis A</p>	<p>乏力, 恶心呕吐, 腹痛不适, 大便颜色变浅呈黏土色, 食欲不振, 低热, 尿液颜色变深呈茶色, 关节疼痛, 皮肤和巩膜黄染。</p> <p>Fatigue, Nausea and vomiting, Abdominal pain or discomfort, Clay-colored bowel movements, Loss of appetite, mild fever, Dark urine, Joint pain. Yellowing of the skin and the whites of eyes.</p>	<p>发病后 30 天。</p> <p>30 days after the beginning of symptoms.</p>	<p>是 Yes</p>
<p>戊型病毒性肝炎</p> <p>Hepatitis E</p>	<p>乏力, 恶心呕吐, 腹痛不适, 大便颜色变浅呈黏土色, 食欲不振, 低热, 关节疼痛, 皮肤和巩膜黄染。</p> <p>Fatigue, Nausea and vomiting, Abdominal pain or discomfort, Clay-colored bowel movements, Loss of appetite, mild fever, Joint pain. Yellowing of the skin and the whites of eyes.</p>	<p>发病后 30 天。</p> <p>30 days after the beginning of symptoms.</p>	<p>是 Yes</p>
<p>诺如/轮状等病毒性 胃肠炎</p> <p>Norovirus/Rotavirus viral gastroenteritis</p>	<p>诺如病毒感染——轻度发热, 恶心呕吐, 腹部绞痛, 腹泻, 头痛, 肌肉疼痛, 乏力。</p> <p>轮状病毒感染——发热, 恶心呕吐, 腹部疼痛痉挛, 频繁水样腹泻</p> <p>Norovirus infection--Mild fever, nausea and vomiting, abdominal cramps, diarrhea, headache, muscle aches, fatigue.</p> <p>Rotavirus infection--fever, nausea and vomiting, abdominal cramps, frequent, watery diarrhea</p>	<p>临床症状消失后 72 小时。</p> <p>72 hours after all symptom have cleared.</p>	<p>是 Yes</p>

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其他感染性腹泻 Infectious diarrhea	发热, 恶心呕吐, 腹部绞痛, 腹泻, 乏力。 Fever, nausea and vomiting, abdominal cramps, diarrhea, fatigue.	临床症状消失后 48 小时。 48 hours after all symptom have cleared.	否 No
细菌性痢疾 Bacterial dysentery	发热、腹痛、腹泻、里急后重、黏液脓血便, 同时伴有全身毒血症症状。 Fever, abdominal pain, diarrhea, tenesmus, mucopurulent bloody stool, with toxemia.	临床症状完全消失后, 每天大便检测 1 次, 连续 2 次检测阴性方可解除隔离。 Symptoms/signs have cleared. Stool test for each day is negative for consecutive 2 days.	是 Yes
其他传染病类 Other contagious Diseases	常见症状 Common Symptoms/signs	隔离期 Isolation	复课证明 Fitness certificates
登革热 Dengue	发热 (体温超过 39°C), 一般持续 2~7 日, 皮疹于发病后 2~5 日出现, 发病后 5~8 日可有出血症状。 Fever(T≥39°C), last 2-7 days, Rash occurs after 2-5 days since fever, Bleeding occurs after 5-8 days since fever.	发病日起不少于 7 天。 At least 7 days after the beginning of symptoms.	是 Yes

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<p>急性出血性结膜炎/ 红眼病</p> <p>Acute Hemorrhagic conjunctivitis/Pink eye</p>	<p>眼部不适（感觉类似沙子进入眼睛），眼睛和眼睑发红，眼泪增多，眼部分泌物（易导致眼睑粘连），眼部肿胀和畏光，瘙痒和流泪。</p> <p>Discomfort in the eye (feels like there's sand in the eye), Redness of the eye and inner eyelid, Watery eye, Discharge from the eyes (causes the eyelids to stick together), swollen eyelids or sensitivity to bright light, itchiness and tearing</p>	<p>隔离期为发病后 5 天（如为流行性角膜炎/结膜炎，隔离期为发病后 14 天）。</p> <p>5 days after the beginning of symptoms (14 days after the beginning of symptoms if it is epidemic keratitis/conjunctivitis)</p>	<p>是 Yes</p>
<p>头虱</p> <p>Head lice</p>	<p>频繁抓挠，头皮、颈部和肩膀上出现小红点，虱卵，也称尼特，肉眼观察为椭圆形白点，通常粘附在发干一侧。</p> <p>Frequent scratching, Small red bumps or sores on the scalp, neck, and shoulders, Lice eggs, also called nits, which look like tiny, oval shaped, white or clear dots. Nits usually stick at an angle on hair shafts.</p>	<p>治疗后无头虱或虱卵。</p> <p>No lice or nits after treatment.</p>	<p>护士检查 On site check by nurse</p>

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