

## Illness Policy

# I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE A RUNNY NOSE	I HAVE A PERSISTENT COUGH	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION
							

Most parents will agree that sick kids should stay home until they are no longer contagious. Sound simple? It`s not. For one thing, many illnesses are most contagious in the day or two before a child shows obvious symptoms. So, by the time you know your child is sick, he may have already spread the disease to his companions. Plus, it`s not always easy to tell whether a condition is contagious. A rash, for example, could be an allergic reaction to something or a sign of illness. We have a written list of rules, designed to help parents and caregivers make the sometimes-confusing decision about whether a child can stay at or return to daycare. These rules and regulations have been firmly established and will not be subject to change or negotiate. Keep your child home if he has any of the following:

- Fever of 37C or higher, irritability, lethargy, persistent crying, or difficulty breathing. All can be signs of illness.
- An upper respiratory illness such as bronchiolitis or influenza.

The common cold is a reason enough to stay home. Running nose might be a sign of the common allergy and be acceptable to attend a childcare, however, if running nose contains the green, yellow or cloudy mucus, it is a sign of an active bacteria. In this case, please visit the doctor and stay home until all symptoms stops.

- Diarrhea. Diarrhea that can`t be contained by diapers or by using the toilet regularly is a signal to keep your child home (2 or more bowel movements within an hour or two is considered as diarrhea).
- Bloody stools or stools containing mucus. These could be the sign of a viral or bacterial infection.
- Vomiting.

- A rash. This is reason to keep your child home unless you bring the note from the doctor that for sure it's not linked to an infection (for example, it's a reaction to eating strawberries).
- Chicken pox. Your child is no longer contagious once all the sores have dried and crusted over.
- Bacterial conjunctivitis (pinkeye) and yellow discharge from the eye. After 24 hours of antibiotic treatment, the infection is often no longer contagious. However, we insist on a minimum 72-hour break from childcare starting from the first use of antibiotics and can come back with no symptoms. Kids with red, watery eyes from allergies are not contagious and can be in childcare with a doctor`s note.
- Strep throat. Please, stay home for at least 48 hours of antibiotics. You can come back to childcare after minimum 24 hours with no fever with no medicine.
- Mouth sores that cause excessive drooling and foot, hand and mouth disease. Wait until your doctor says they're not infectious before returning your child to daycare. Stay home until all sores become dry.
- Head lice. Your child can return to daycare after he's been thoroughly treated, but not earlier than 48 hours of treatment. Please, check for nits before coming back to childcare, your teacher will also check the child at the morning. The child with nits cannot be accepted to the class.

In addition, keeping your child home when he's ill and good hygiene will go a long way toward preventing the spread of infection. Frequent, thorough hand washing is important for your child, the daycare's staff and the other children. This is especially important after blowing noses, and cleaning up any bodily fluids (urine, stool, phlegm).

In most situations you can come back to childcare after minimum 24 hours with no fever or other symptoms with no medicaments. It means if you pick up a sick child today she can't come back to the program the next day.

Covid-19 Rules and Regulations are subject to change. Current policies will be provided upon signing the agreement.

I/We have read and understood this policy and procedures. Parent

Signature \_\_\_\_\_ Date \_\_\_\_\_