

## There are three main reasons to keep sick children at home:

1. The child doesn't feel well enough to take part in normal activities.
2. The child needs more care than teachers and staff can give and still care for other students.
3. The illness is on this list and staying home is recommended.

**And remember, the best way to prevent the spread of infection is through good hand washing.**

**Children with the following symptoms or illnesses should be kept home (excluded) from school.**

Symptoms	Child Must Be at Home?
<p><b>DIARRHEA</b> Frequent, loose, or watery stools compared to child's normal ones that are not caused by food or medicine.</p>	<p><b>Yes-</b> if child looks or acts sick: If child has diarrhea with fever and isn't acting normally, if child has diarrhea with vomiting, if child has 2 or more incidents of diarrhea, if it overflows the diaper or toilet, or if the child is unable to leave the bathroom.</p>
<p><b>FEVER</b> 100.5°F or higher</p>	<p><b>Yes-</b> for at least 24 hours after fever is gone, without the use of medicine that reduces fever.</p>
<p><b>VOMITING</b> Throwing up in the past 24 hours</p>	<p><b>Yes-</b> until 24 hours after the vomiting stops or a doctor says it is not contagious. If the child has had a recent head injury, watch for other signs of illness and for dehydration.</p>
<p><b>COUGHING</b> <u>Note:</u> Children with asthma may go to school with a written Health Care Plan and the school is allowed to give them medicine and treatment.</p>	<p><b>Yes-</b> if severe, uncontrolled coughing or wheezing, rapid or difficulty breathing and medical attention is necessary.</p>
<p><b>RASH WITH FEVER</b> <u>Note:</u> Body rash without fever or behavior changes usually do not need to stay home from school, but will require a Dr. note stating they are not contagious.</p>	<p><b>Yes-</b> call the doctor. Any rash that spreads quickly, has open, weeping wounds and/or is not healing should be evaluated.</p>
<p><b>"FLU-LIKE" SYMPTOMS</b> Fever over 100.5°F with a cough or sore throat. Other flu symptoms can include tiredness, body aches, vomiting and diarrhea.</p>	<p><b>Yes-</b> for at least 24 hours after the fever is gone, without the use of medicine that reduces the fever.</p>
<p><b>STREP THROAT</b> Sore throat, difficulty swallowing, sometimes a fever</p>	<p><b>Yes-</b> for 24 hours after starting antibiotics and the child is able to take part in usual activities, "participate in care."</p>
<p><b>CONJUNCTIVITIS (PINK EYE)</b> Pink color of eye <i>and/or</i> thick yellow/green discharge</p>	<p><b>Yes (bacterial or viral)</b> for 24 hours after starting antibiotic drops. Call your doctor for diagnosis and treatment.</p>
<p><b>HAND, FOOT, AND MOUTH (COXSACKIE VIRUS)</b> Ulcers or sores in or around the mouth, on soles of the feet and palms of the hands</p>	<p><b>Yes-</b> Until the sores crust over and are no longer fluid filled. They must remain home if they have mouth sores and they are drooling or mouthing toys</p>
<p><b>CROUP</b> Upper respiratory illness that includes a barking cough and stridor</p>	<p><b>Yes-</b> Until 24 hours after liquid steroids has been given, the child is able to breathe with ease and participate in care.</p>
<p><b>RSV (RESPIRATORY SYNCYTIAL VIRUS)</b> Cold like symptoms: cough, runny nose, fever, lethargic and sometimes difficulty breathing</p>	<p><b>YES –</b> Until the child's cough/breathing is under control and they are able to participate in care. A Dr.'s note will be required to return to care as RSV spreads quickly through classrooms.</p>

Based on information from the School Health Program of Children's Hospital Colorado.

# Eagle Valley Child Care Association Wellness Policy

It is often difficult for parents to know whether their children are too sick to attend school. We have listed common illness and a quick guideline on the back to help you determine if your child needs to remain at home. Miller Ranch and Vail Child Care are responsible for the care and well-being of all of the students enrolled. We ask that you keep your child home when they aren't well to help limit the spread of germs and communicable infections.

Symptoms and illnesses that require a child to stay home:

- Colored discharge accompanied with another symptom
- Fever of 100.5 or above
- Vomiting
- Diarrhea (2 or more or unable to be contained in diaper/pants)
- Strep Throat or Rash
- Chicken Pox
- Rashes
- Flu
- Pink Eye
- RSV/Croup/Other respiratory diseases
- Other infectious diseases

**If your child experiences these symptoms while they are at home, please keep them home for at least 24 hours AFTER they are symptom free.** Children experiencing these symptoms at school will be sent home immediately. **Children are not allowed to return until 24 hours after the time the last symptom occurred, without the administration of medication.** The use of over the counter medicines to relieve these symptoms does not mean your child is well enough to come to school. If your child is prescribed antibiotics, they must be on the antibiotic for 24 hours before returning to school.

You may be asked to obtain a physician's note that states "child is well enough to attend school" or "the child is not contagious." However; a physician's note will not be accepted if the child is lethargic, not eating/drinking and/or unable to participate in care. The Center Directors and/or Directors on duty are ultimately the judge as to whether or not a child is healthy enough to attend school.

Parents are expected to abide by the wellness policy as it is written. This policy is put in place to protect all of the children who attend Miller Ranch Child Care. Families who continually violate this policy will be asked to withdraw from our school.

I have read and understand the wellness policy as it is written above.

Child's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_