

Illness Policy and Handbook:

Initial Each Line & return.

Our illness policy is centered around the well-being of all children & families enrolled.

Copies of immunization records need to be on file at the childcare site to comply with state licensing. It is the parent's responsibility to update us when vaccines are received/updated at well child visits.

 You may not administer symptom controlling medicine, natural or homeopathic remedies (for fever, cough, congestions, diarrhea, teething) at home in the morning and bring your child to care. Doing so is a breach of illness policy and our childcare contract agreement.

You will be permanently excluded from our program for knowingly bringing an ill child, even if symptoms are masked with medicines. Refunds are not issued if you are expelled due to breach of illness policies.

We will not administer remedies and/or symptom controlling OTC medicine at childcare. If your child is teething we can offer cold drinks, teething rings that we have sanitized and keep here.

If a child is prescribed a medication or using a OTC medication or remedy recommended by a Doctor and their symptoms resolve on the medication but return after the medication has worn off the child is still contagious and may not attend until symptoms have resolved without symptom controlling medication generally 24-48 hours after medication course is complete. An exception can be antibiotics which begin to work and control symptoms within 24-48 hours but need a longer course to "cure" an illness. Please contact us if your child is on antibiotics so we can make a plan for return to childcare.

I'm sick! Can I send my child to childcare so I can recover? Generally no. *If a household member (parent, sibling, roommate) is sick please keep your child home 24 hours from last symptoms in the household to reduce exposure to the childcare program while your child is exposed to illness.* Our childcare team are actively caring for 8-12 children daily, and families rely on us for work, school and personal obligations. When children come to care when parents & other household members are sick they can be in the *prodromal* phase of an illness exposing other children and our team to illness before they become symptomatic. If staff must take sick days or close to recover from illness it causes disruption for many families. If your child has been sick and exposed you or household members to illness but is recovered and ready to attend please let us know. We do not want sick parents & siblings coming into the house, if possible we will arrange to have you drop your child off at the door.

We follow CDC protocols for preventing illness in public school and childcare settings, please respect our illness policy. For the protection of all our children and staff children need to be kept home/will be sent home if any of the following symptoms are displayed:

 Fever: If your child needs medication to lower a fever please keep him or her home until the fever has completely subsided without use of medication. Child should be free from fever for 24 hours before returning to childcare without fever reducing medication. We use an

Infrared touchless forehead thermometer here.

If your child is presenting with a fever of 99.9 or higher you and/or your emergency contact will be called to pick up your child. Children are now allowed to be in attendance with even a “low grade fever” as fevers can gradually increase throughout the day. Regardless of the level of fever it is indicative of an illness that would be contagious to others and our illness policy must be followed.

Children are expected to be picked up within 20 minutes of contact.

Please see the section below on Doctor’s Notes, our policy/judgment call on attendance supersedes Doctor’s notes.

_____ **Vomiting/Diarrhea:** If your child vomits 1x or has diarrhea or instance of soiling clothing for a usually potty trained child. If there is any instance of uncontrolled bowels in diaper/toilet or clothing you will be called to pick up your child. We understand children sometimes have loose stool but we cannot monitor for illness here, they will need to be monitored for further illness at home according to our policy. Child must be free from symptoms of vomiting and/or diarrhea for 48-72 hours before returning to care. They should have been consuming their typical diet including milk at home without discomfort before returning.

If your child is nauseous(belly hurts, refusing favorite foods/water), vomits 1x or has diarrhea 1x you and/or your emergency contact will be called to pick up your child. Children are expected to be picked up within 20 minutes of contact. Please see the section below on Doctor’s Notes, our policy/judgment call on attendance supersedes Doctor’s notes.

_____ **Impetigo, Cold sores, Herpes Simplex (HSV) Wounds:** Mouth sores, open wounds that require sterile dressing may not be treated at childcare. Please keep your child home with wounds/sores. Please keep your child home with an active cold sore/impetigo/herpes outbreak or open wounds. Please have children’s bedding, clothing clean & sanitary if attending childcare after a herpes outbreak on the child or any family member. Children need to be able to wash their hands with running water/ soap & have their faces wiped for sanitary reasons in group care. If you child has an illness or injury, bandages or topical ointments that interfere with normal hygienic practices they should be home. Please see the section below on Doctor’s Notes, our policy/judgment call on attendance supersedes Doctor’s notes.

_____ **Pox like viruses, Molluscum, Warts.** Your child must be home if they present symptoms that resemble or are a confirmed Pox virus. If anyone in your household is

experiencing symptoms congruent with a Pox virus or is a confirmed case of a Pox virus your child should be home until 48 hours after all household members are well. Parents/emergency contact will be called to pick up their child if child is showing signs/symptoms of a Pox like virus or has continued discomfort from a recent outbreak. Children are expected to be picked up within 20 minutes of contact. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

Molluscum is a virus in the wart family and needs to be confirmed by a physician. If your child has molluscum they can participate in childcare if the lesions are closed, non-irritating to your child and can be covered by clothing. If they bleed, are raw, require dressing or prevent your child from typical childcare activities like hand washing, wearing close toed/well fitting shoes, running/playing your child should be home your child may need to be excluded from water activities if they have an active case of Molluscum. Parent/emergency contacts will be called to pick up your child if Molluscum is causing pain or interfering with your child's activities.

Warts should be covered and pose no irritation or discomfort to your child. If they bleed, are raw, require dressing or prevent your child from typical childcare activities like hand washing, wearing close toed/well fitting shoes, running/playing your child should be home. Your child may need to be excluded from water activities if warts are severe.

_____ Hand, foot & mouth, non-polio enteroviruses

We are aware that children can be contagious with HFM throughout 3-5 day prodromal phase of this illness, however due to our Accreditation standard handwashing and cleaning protocols we have successfully prevented outbreaks of this virus and limited exposure to other children by adherence to our policy.

It can take 5-10 days from onset of symptoms for this illness to run its course. Your child should be home during this period. Your child will need to be free from blisters, pus, itchy scabs, pain & fever medication for 48 hours before return.

HFM requires exclusion from childcare from onset of symptoms until child is well & does not pose a contagion risk to others. HFM has several presentations and can vary widely in severity from person to person even when the same strain of virus is contracted. Sores isolated in the mouth only still require exclusion from childcare. Children must be free from sores for 24-48 hours as well as other symptoms fully resolved before returning to childcare.

Should child present with pimple like spots they should have stopped developing new spots for at least 48 hours and all spots be dry & healed before a return to school is *considered*. Cough, runny nose, diarrhea, nausea, conjunctivitis or other symptoms corresponding with HFM virus must also be fully resolved before returning. Your child may or may not present with a fever from a case of HFM, they are required to be excluded whether a fever is one of their symptoms or not.

If your child has flaking, scabbing, is picking at scabs or continues to be itchy and uncomfortable

they should stay home & will be sent home. If infection develops from pimples, blisters, rash, sores or scabs your child should be treated with antibiotics & follow the procedure for absence during antibiotic treatment.

Parents/emergency contact will be called to pick up their child if child is showing signs/symptoms of Hand, Foot & Mouth disease or has continued discomfort from a recent outbreak. Children are expected to be picked up within 20 minutes of contact. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes. Do not bring your child to childcare with symptoms of Hand, Foot, Mouth and a doctors note expecting us to accept them into care. All symptoms must be alleviated before return.

_____ **Rash, ringworm, fungal infection:** Sudden onset rash or hives, ringworm, chicken pox. Child needs to be treated at home & bring a Dr. note upon return if being treated for bacterial or parasitic skin infection. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

Eczema, diaper rash or diaper thrush are acceptable at childcare, please sign permission to dispense if OTC ointments are needed.

_____ **Conjunctivitis:** 24- 48 hours of antibiotic treatment depending on the severity of the illness and child's ability to wash hands and not touch their eyes/face. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **RSV/respiratory infection/sudden onset breathing difficulty, Stridor:**

Children under treatment for these conditions are required to be home until resolved for 24 hours without treatment. If child is directed by physician to be observed for wellness for any length of time following treatment this must take place at home or by 1:1 care arrangements. It is not safe for teachers & staff monitor serious URI in a group childcare setting and we cannot alter our daily schedule to provide medical observation.

Unusual shortness of breath or labored breathing are reasons to keep a child home & seek medical attention.

If your child is prescribed an inhaler that he/she uses regularly we can administer it here with a physician note & signed parent consent form.

If your child is presenting with sudden onset difficulty breathing and/or your emergency contact will be called to pick up your child. Children are expected to be picked up immediately. If we are concerned we will call 911 if your child has difficulty breathing, bluish tinge or is unresponsive *before* parents are contacted. Your child's health and safety is our priority. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **Strep:** Antibiotics for 48 hours and no symptoms (must be fever free and eating/drinking normally). Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **Covid-19 & Influenza Virus:** If a household member is sick with Covid or Flu like symptoms or tests positive for Covid or Flu your child should be home until the illness has run its course in your household and child is symptom free for at least 24 hours.

Children (and adults) exposed to Covid & Flu can be contagious before they show symptoms of illness, this is called the "prodromal phase" of an illness. This is very common with Covid & Flu.

It is likely that if your household is sick & your child "seems fine" they could come to childcare, expose everyone else but become symptomatic later in the day, evening or next day.

If your child becomes symptomatic after exposure or tests positive for Covid or Flu they should be home a minimum 5 days or until they are symptom free without symptom controlling medication.

If symptoms persist such as; cough, fever, malaise it is highly recommended you have your child assessed by a medical professional for a secondary infection (sinus, ear, lungs) before returning to childcare. If your child still seems sick, excessively tired or fussy we will send them home.

Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **Common Cold:** Children are to be symptom free for 24 hours before returning to childcare. *Excessive mucus, cough, sore throat*, malaise, exhaustion are all reasons to keep your child home. Your child will be sent home if nasal discharge & cough are present. Your child will be sent home if they say "they don't feel good" and can't participate in normal childcare activities. If we suspect your child has been given symptom controlling medication (Tylenol, Motrin, Acetaminophen, cough medicine, natural remedies etc.) we will send them home. Cough drops are not permitted in a childcare setting.

If your child is presenting with sudden onset Excessive mucus, cough, sore throat, malaise, exhaustion you and/or your emergency contact will be called to pick up your child. Children are expected to be picked up within 20 minutes of contact. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **RSV, Croup, Whooping Cough, Pertussis.** Children with steady cough or upper respiratory infection are excluded from childcare until symptoms fully resolve without the use of medication (Rx or OTC). This can take up to a week in many cases.

If your child is presenting with sudden onset cough, malaise, exhaustion you and/or your emergency contact will be called to pick up your child. Children are expected to be picked up within 20 minutes of contact. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **Tuberculosis:** Parents, Children, siblings, other care providers and family members are not permitted in the childcare home with Tuberculosis. Reentry is permitted when strict adherence to medication is documented and the person is considered non-infectious by a physician. If staff determine TB symptoms are present the infected person is excluded until symptoms are controlled for the health and safety of the group. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **Allergy symptoms:** Young children sometimes have unknown allergies, we are trained in EPI-PEN usage and are aware of symptoms of anaphylaxis. We will call 911 if we suspect anaphylaxis even if there is no previous allergy history. If your child has unusual facial swelling, sudden hives, choking sensation with or without vomiting, difficult breathing or a combination of symptoms you will be alerted to pick up your child. If your child requires an EPI-PEN, we require it in an original, pharmacy labeled container with expiration date clearly printed. Allergy Protocol form must be filled out by a physician and accompany your child on first day of care.

_____ **Seasonal Allergies:** Sudden onset of congestion, sneezing, wheezing, continuous cough or itchy eyes are reasons to keep your child home or send them home.

Please have antihistamine allergy medication (not symptom controlling cold/cough medicine) on board & symptoms under control for 24 hours before returning to care. You can consult your pediatrician as to safe medicines and dosages for your child. We can not administer remedies, OTC meds or homeopathic meds here, if multiple doses are needed each day to control symptoms your child should be home. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **Teething.** Teething does not cause fevers. Do not bring your child to childcare if they had a fever in the past 24 hours and say "it's teething". If your child presents with a temperature of 99 or above, especially if elevating during the day and seems sick, symptomatic or not taking food, drinks we will call you are you are expected to pick up your child.

A child may have pinker than normal tone to the cheeks and be slightly warm to the touch if a tooth is about to erupt. This generally happens during molar eruption during the child's second year. Toddlers may have drooling, gnawing and very slight, clear runny nose. They may be

slightly restless and bed & naptime.

Nasal mucus must be completely clear and manageable at childcare for them to attend. Constant thick, nasal discharge, irritability, difficulty napping & need for Tylenol or other pain relief medications are reasons to keep your child home. We cannot provide continuous 1:1 care during teething.

_____ **Antibiotics:** Most Antibiotics need to be on board for 24 hours before returning to care, if your situation is different please have a Dr. note accompany your child's return to care. Please see the section below on Doctor's Notes, our policy/judgment call on attendance supersedes Doctor's notes.

_____ **Asthma Inhalers/Nebulizer:** If your child is regularly prescribed an inhaler or nebulizer we can administer it here. It needs to be in the original Rx packaging and accompanied by a Dr.'s note for use. If your child has a NEW inhaler/nebulizer for control of acute symptoms due to viral infection they need to be kept home until symptoms resolve without the use of medication.

_____ **Lice, Fleas, Bed Bugs** Do not bring your child to childcare with lice, if a flea or bed bug infestation is taking place at your home do not bring your child to childcare until it has been completely eradicated. Thorough nit picking must take place at home before returning to care. Child will be checked on site at drop off before returning to care, if live bugs are seen or nits are excessive your child will be sent home.

If your child is presenting with lice you and/or your emergency contact will be called to pick up your child. Children are expected to be picked up within 20 minutes of contact.

Do not bring your child if you have a case of bed bugs or fleas in your home. Doing so will result in termination of the childcare contract. If we notice flea or bed bug bites on your child you are required to pick up your child immediately. A return plan of action will be made on a case by case basis if you have bed bugs or fleas in your home to prevent the spread at childcare.

_____ **Immunizations: Please Bring Updated Immunization Records upon your child's return.** If your child has recently had immunizations they must be well enough to participate in normal program activities to attend. If your child needs pain reliever medication, fever, has swelling or pain at injection site, is excessively fussy, difficulty eating or other side effects from immunizations they need to be home 24 hours or until symptoms resolve.

_____ **Well Child Appointments:** Your child may attend childcare before and after *well child visits* "check ups" or Dentist appointments.

_____ **Sick Child Visits:** If your child is sick and you have scheduled an appointment or they have medical procedures that require close monitoring before or afterwards they should not attend before their appointment or 24 hours after their appointment. In the case they are not well

typical illness policies and procedures for contagious illnesses apply to prevent the spread of illness in the childcare setting, even if the Doctor does not recommend treatment.

_____ **Doctor's Notes** Children may sometimes need to see a physician due to illness or parents may feel more comfortable having their child seen if they are not feeling well. We also will sometimes recommend a child sees a physician for ailments that may seem like an infection. If a doctor sends a note that says your child is cleared to attend but they have symptoms or cannot participate in normal childcare activities our policy and/or judgement call supersedes doctors notes. A doctor may sometimes feel there is no immediate risk to your child's longterm health by attending childcare sick or they may not understand the demands of an active day with hours outside and a structured program can put on a sick child. However our staff, other families and my family (Stacie) do not want to catch an illness that can compromise our program operation. We also have seen first hand how difficult it is for a sick child to receive the comfort and rest they need when participating in group activities for a long day.

_____ **My child is active and "seems fine"** Sometimes children progress in symptoms while at childcare or the demands of a childcare program may be overwhelming for a sick child who may appear "stir crazy" at home. Also some children do tend to get a burst of energy just before coming down with something. Children also have lulls in illnesses especially involving viral fevers, infections, vomiting and diarrhea where symptoms will subside temporarily then "pick back up" in the evening or wee hours. When children are sent to childcare and have not completed the 24-48 hour policy we have set in place for symptoms (depending on the illness) because they "seem fine" they often expose our entire program to illness, causing disruptions in attendance for other children, staff absences and sometimes temporary closures due to outbreaks that cannot be contained with general cleaning & handwashing protocols. It is important that parents communicate symptoms within the last 48 hours to Stacie before bringing children in to care. We do not always need to exclude for every runny nose, however we keep track of the trajectory of illnesses seasonally and can usually tell if there is something "mild" going around or an illness that can cause unnecessary disruption to our program.

_____ **Returning to childcare after an illness:** When your child returns after a bout of illness please communicate with us any medical care, prescription medication or other pertinent information that may apply. Please launder any personal items your child brings to childcare that they may have had with them when sick naptime items, snuggly toys, coats, hats, mittens, clothing etc. We will wash all of your children's naptime items, personal water bottle and "school items" before their return.

I agree to abide by these policies and protocols.

I understand it is my responsibility to find alternate care if my child is ill or quarantining and tuition is due to retain enrollment.

I understand tuition is due in case of an outbreak at childcare resulting in temporary closing.

Signed by parent/guardian of child.

Please print your name & your child's name here: