

Sample Health Guideline

Sick children should be kept at home where they are most comfortable. If you feel that your child is not feeling well or may be contagious, it is in everyone's best interest that your child stays out of the program for 24 hours after their symptoms subside.

Please keep your child home if they have the following symptoms. Also, your child will be sent home immediately when showing these signs/symptoms:

- Fever accompanied by behavioral changes, such as lethargy, irritability, persistent crying, difficulty breathing, sore throat, rash, vomiting, diarrhea. Fever is defined as a temperature above 100.4° F (38° C) by any method (no adjustment for location – simply report temperature & location). Any unexplained fever in a child younger than 4 months should be medically evaluated; a child younger than 2 months with a fever should be medically evaluated immediately. Your child may return to school when fever-free without Tylenol or ibuprofen for at least 24 hours and any other symptoms have subsided.
- Diarrhea - bowel movements that are looser and more frequent than normal for the child not associated with changes in diet. Also, blood or mucous in the bowel movements. Your child may return to school when the bowel movement can be contained, either in a diaper or in the toilet, and any other symptoms have subsided.
- Vomiting more than 2 times in 24 hours. Your child may return when vomiting has stopped.
- Abdominal pain that persists for more than 2 hours or intermittent pain associated with fever.
- Any rash or lesions of the skin and mucous membranes with fever or behavioral changes.
- Respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, wheezing, chest discomfort, runny nose, body aches, and headache, among others.
- Suspicion of other communicable diseases.
- Any illness, injury, or condition that prevents your child from participating comfortably in activities as determined by the staff or results in a greater need for care than the staff can provide without compromising their ability to care for other children.

If your child has been under the care of a physician or other health care professional (HCP) for illness, injury, surgery, or other procedure, written HCP documentation is required prior to your child's return to school/day care. This documentation must include permission to return and any restrictions or special accommodations. If medication is required, the medication administration policy/procedure will be followed.

Your child may return to school/day care when they are able to participate comfortably, **symptoms have subsided for at least 24 hours**, and any prescribed medications have been given for the time frame recommended by the provider. If your child has a communicable disease (such as chicken pox), the exclusion criteria will be determined by the Centers for Disease Control (CDC) guidelines.

If your child becomes ill during their time here at (_____), you will be contacted immediately and expected to have your child picked up within (_____). We will do our best to keep your child comfortable until the responsible person arrives to take your child home.

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