



Health & Illness Guidelines

This Important information is also included in your Parent Handbook for future reference

St. Mark Preschool is for well children. Even if only mildly ill, children have a difficult time functioning in a large group setting. We must remain vigilant about anything that might be contagious and have set in place guidelines to prevent the potential spread of germs.

All children attending our program are expected to be free of contagious illnesses to the best of their parent's knowledge. Often children start displaying symptoms at school and we make the determination that the child needs to go home. In such cases, we ask that the child be picked up as soon as possible but always within an hour. There may be times when we request a note from a health care provider that provides a diagnosis and clears the child to return to school. On rare occasions, based on what we know about the epidemiology of an illness that is going around in the Center, **we may require that a child stay home even if his/her health care provider has cleared him/her to return to school.**

The following child care health policies are designed to work in concert with the guidelines set by the California Department of Social Services and the Infection Control Department of Cottage Health. While helpful, these guidelines cannot replace the teachers' judgment of your child's ability to participate within the routine child care environment.

For everyone's protection, parents are expected to pick up their child within one hour of being notified of illness symptoms.

During the COVID-19 pandemic, we have additional restrictions:

- Persons who have a travel history over the course of the last 14 days to an area identified by the CDC as Level 3 Travel Health Notice shall not be allowed on site.
- Persons who have been in close contact with someone diagnosed with COVID19 shall be excluded from the site for 14 days from the day of their last exposure.
- With these regulations above, we need to suspend child care for 14 days to children who are exposed to COVID-19 and also to children whose family member was exposed to COVID-19. Suspension will be re-evaluated after 14 days.
- If anyone in the household tests positive for COVID-19, in addition to 14 days of absence from school, we require a negative test result for the child after the individual recovers from the illness, before the child may return to the center.
- One additional health screening will be conducted at mid-day for children and staff. For parents, even if they are screened at the drop off in the morning, they will be screened again for the pick-up in the afternoon.
- 99.0 is used as the temperature threshold to send someone home during this pandemic.
- The ill person must stay home until they are symptom free (without the use of medications) for at least 72 hours.
- If anyone in the household has symptoms of COVID-19, the child/staff should remain home until at least 72

hours after symptom resolution.

- Anyone who is symptomatic is sent home immediately, unless they have a prescription or doctor note that clearly states their symptoms are due to an allergy.

The COVID-19 symptoms include the following:

- Fever
- Sore throat
- Coughs
- Fatigue
- Diarrhea
- Shortness of breaths / difficulty breathing
- New loss of taste or smell

In addition, if a child presents any of the following symptoms of Multisystem Inflammatory Syndrome in Children (MIS-C), the child must be excluded from child care for at least 72 hours after the symptoms disappear, unless it is cleared by a physician. We require a physician's note that states the child is safe to attend group care.

MIS-C can have any of the following symptoms:

- Fever
- Abdominal pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Bloodshot eyes
- Feeling extra tired

STATE LAWS REQUIRE THE FOLLOWING:

Immunization Record: A record indicating that all immunizations are current. (Provided in the enrollment packet). All children are required to be immunized according to State recommendations unless the child has a Medical exemption card from a health care provider stating the reason for the exemption.

Physician's Form: A form, signed by your Doctor, indicating that your child is physically and emotionally able to attend the Center, or, that your child has specific needs which must be provided for. (Provided in the enrollment packet)

Third Party Authorization Form: A form authorizing treatment of your child in the event of an emergency and you cannot be reached. (Provided in the enrollment packet)

Health Check: Our Teachers do a visual health check of your child each day when you arrive at school. If they notice that your child feels warm or appears unwell, they will let you know.

*During the COVID pandemic, everyone who enters our facility must be health screened, including a measurement of body temperature.

Hand Washing: As part of your morning drop-off routine, we require that you go with your child to the bathroom to wash hands before you head off to work.

SYMPTOMS OF ILLNESS

Fever*

For purposes of child care, a fever is:

- 100 degrees in Fahrenheit

***During the COVID pandemic, the threshold of sending someone home is 99 degrees in Fahrenheit.**

Reasons for taking a temperature:

- Child exhibits outward signs of illness
- Child is flushed, has chills, or feels warmer than usual
- Child is irritable or lethargic for a length of time

Because a fever may indicate other health concerns a child must be fever-free, without the use of fever-reducing medicine, for twenty-four hours (**72 hours during the COVID pandemic**) before returning to child care. Upon return, child must be able to participate in all classroom activities including outdoor and water play. Twenty-four hour policy is based on fever as described above.

***Program administrators will determine if a child has a fever and must leave child care.**

Vomiting

Child will be sent home if s/he vomits. Child may return to child care if s/he has not vomited in the previous 24 hours (**72 hours during the COVID pandemic**). If there appears to be blood present in the vomited content, immediate medical attention is necessary.

Cough

Child should be referred for evaluation if he/she has a frequent cough which prevents eating, sleeping, playing, which is accompanied by other illness symptoms or which prevents the child from participating in all classroom activities, including outdoor play - see "Out of Sorts" children.

***During the COVID a pandemic, child must stay home until 72 hours passes after coughs clear, or child may return to school with a physician's note that clearly states that the child's coughs are not contagious.**

Rash

Please note: Rashes are extremely common and often very difficult to diagnose, even for health care providers.

For this reason, we often have to make determinations on our own as to whether or not a child can come to, or stay in school with a rash. From time to time, based on the epidemiology of the rash and what we have observed at school, we may request exclusion of a child, even if the child's health care provider has cleared him/her to come to school.

In general, a child with an undiagnosed rash will be sent home for any of the following reasons:

- Rash is spreading over a period of time
- Rash is widespread
- Rash appears to cause discomfort and/or is accompanied by fever
- Rash persists for more than two days
- Rash contains or consists of blisters
- Rash looks like bleeding under the skin
- Rash is oozing or bleeding
- If symptoms do not improve or worsen, re-valuation may be required

Child will be excluded from child care until either a note is received from his/her healthcare provider stating the diagnosis and that he/she is not contagious or until we feel he/she is well enough to attend.

Mouth Sores

A child unable to control his/her saliva or unable to eat or drink due to mouth sores may be excluded from child care unless a healthcare provider states that the child does not have coxsackie virus or some other contagious illness. (See Coxsackie & Herpes Simplex virus under Contagious Illnesses.)

CONTAGIOUS ILLNESSES

Diarrhea*

A bowel movement is considered to be diarrhea if one or more of the following symptoms is present:

- Extremely watery
- Sour Smell
- Leakage from diaper

Child will be sent home for diarrhea that occurs twice during the child's school day (during the COVID pandemic, a child will be sent home after the first episode of diarrhea). Parents will receive a phone call after the first occurrence so that they can make arrangements in the event that there is a second occurrence. If a child already had an episode of diarrhea within 24 hours (72 hours during the COVID pandemic) prior to attending child care, the child will be sent home after the first episode at school.

Child may return to child care when diarrhea (as described above) has not occurred in the previous 24 hours (72 hours during the COVID pandemic), without the help of medication. On the day the child returns, if one such bowel movement occurs, he/she will be excluded from child care.

If there appears to be blood present in the stool, immediate medical attention is necessary. Diarrhea of one weeks' duration is an indication for medical evaluation, and a note from a healthcare provider will be required for continued attendance.

***All diarrhea is a health concern in the classroom.**

Colds

Depending on the severity, children should generally be kept home (or may be sent home) if they have any of the following symptoms or complaints:

- Nasal congestion/runny nose
- Chills
- Postnasal drip/sore throat
- Red, watery eyes
- Neck, head, muscle aches
- Sneezing
- Cough/hoarseness
- Breathing difficulty
- Listlessness/loss of appetite
- Fever
- Profuse or yellow-green nasal discharge
- Ear drainage
- Inability to function in a classroom/setting

*During the COVID pandemic, if a child is experiencing any of the following symptoms, the child must stay home at least for 72 hours after such symptoms disappear.

- Fever
- Sore throat
- Coughs
- Fatigue
- Diarrhea
- Shortness of breaths / difficulty breathing
- New loss of taste or smell

Coxsackie Virus

Although there is debate surrounding this issue, a diagnosis of any strain of Coxsackievirus by the child's healthcare provider requires exclusion from child care for 24 hours following the diagnosis or, in more serious cases, until all lesions are healed over, dried and no longer active, the child can eat and drink, and has been fever free for twenty-four hours without the use of fever reducing medication.

Herpes Simplex Virus (Cold Sores)

A diagnosis of Herpes Simplex Virus requires exclusion from child care until mouth lesions or blisters are healed over and the child is not drooling. Dried and no longer active (indicating they are non-contagious) blisters on the body should be covered by a bandage. The recurrent nature of herpes makes it necessary for the child care centers to follow these guidelines with each successive episode.

Impetigo

Child may return following twenty-four hours of treatment (may include topical or oral). Draining lesions should be covered with a bandage (i.e., Band-Aid). If draining lesions are in an area that cannot be covered, the child must stay home.

Pink Eye (Conjunctivitis)

Child will be sent home if either eye is red, draining, cloudy, or has colored discharge.

Child may return to child care when:

- He/she has been on antibiotics for twenty-four hours, or
- He/she is accompanied by a doctor's note stating that the drainage is caused by a non-contagious condition (such as a blocked tear duct).

If the child returns to child care and symptoms do not improve or should worsen, re-evaluation may be required.

Ringworm/Tinea

Children may return to child care after one treatment as long as lesions can be kept covered by clothing or bandages for one day.

Roseola

Child may return to child care when fever is gone and the child has a doctor's note stating that he/she has resolved roseola and is not contagious.

Strep Throat

Child must be on an antibiotic and fever free for twenty-four hours before returning to child care. Child must feel well enough to eat, drink, and participate in all classroom activities.

Thrush

Thrush is basically a yeast infection that can occur both orally and in the diaper area. Child may return to care when

s/he is accompanied by a doctor's note stating the child is cleared to participate in group activities.

Chicken Pox

Child may return to child care after seven days from the onset of the rash or when all lesions are crusted over.

Head Lice

Child will be sent home only if live lice are discovered on the child's head. Children may return to school following parental treatment for the lice. We do not exclude solely on the basis of nits; however, parents will be informed of the presence of nits should they be discovered.

ADDITIONAL INFORMATION

"Out-of-Sorts" Children

Child will be sent home for any change in behavior that severely limits the attention that other children could and should be receiving, i.e., requires constant holding and attention, inconsolable crying for a long period of time, etc. Child should feel well enough to participate in all classroom activities, including outdoor play.

ADMINISTRATION OF MEDICATION

- Over the counter fever-reducing, anti-diarrhea and cold medicines will not be administered by teachers while children are in child care and children should not be sent to child care having been given such medications. Parents should be aware that such medications may temporarily suppress symptoms but they neither reduce potential contagion nor do they resolve the underlying causes of the symptoms.
- Teachers can administer prescription drugs only if they are accompanied by the prescription
- In rare cases and with a physician's prescription, over-the counter medications can be administered by staff while at school.
- Prescription drugs must remain in their original container and be accompanied by a completed Medication Administration Form from the parent.
- Teachers must administer the medication as stated on the container unless the medication is accompanied by a physician's note.
- Parents will be required to send a proper measuring utensil with the child's medicine.

Confidentiality

Children's health records and parental information sheets are kept in locked files. The use or disclosure of all information pertaining to the child and his/her family shall be restricted to purposes directly connected to the program. No information concerning a child shall be shared with any outside agencies or individuals without first obtaining parental permission.

Illness

Teachers are authorized to do a health check daily to determine if children are well enough to attend school. If your child becomes ill at school we will call you at work. If it is suspected that he/she has a contagious condition, he/she will be isolated and made comfortable in the office area until he/she can be picked up. It has been our experience that symptoms of illness tend to show themselves mid-morning. Please keep in mind that children should not be sent to school medicated.

Injuries

If your child is injured at the Center you will be called immediately. If the injury requires immediate medical care, a staff person will take your child to the emergency room at Cottage Hospital and meet you there. If we are unable to reach you, we have a signed medical release to have your child treated, if necessary. We will continue to call authorized persons on your child's emergency card until we are able to reach someone. Please keep the names and phone

numbers up-to-date. We are fortunate to be located so close to your place of work so that if there is an occurrence of injury you can come over and determine the severity of the injury for yourself and decide about consulting another professional.

In the event of loss of consciousness, severe bleeding, seizure, or any concern about moving a child, 911 will be called.

I have read and agree to abide by the above health and illness guidelines.

Parent / Guardian Name: _____

Parent / Guardian Signature: _____

Date: ____ / ____ / ____

Director Signature: _____

Date: ____ / ____ / ____