



ILLNESS POLICY - HOW SICK IS TOO SICK? WHEN TO KEEP YOUR CHILD AT HOME FROM SCHOOL OR CHILD CARE



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

1. The child does not feel well enough to participate comfortably in usual activities, (such as; extreme signs of tiredness, unexplained irritability or persistent crying).
2. The child requires more care than program staff is able to provide, without effecting the health and safety of the other children.
3. The illness is on the list of symptoms or illness for which exclusion is recommended.

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

Children with the following symptoms or illness should be kept (excluded) from school:

SYMPTOMS	Child Must Be at Home?
DIARRHEA frequent, loose or watery stools compared to child's normal pattern; not caused by diet or medication	Yes - if child looks or acts ill; if child has diarrhea with fever and behavior change; if child has diarrhea with vomiting; if child has diarrhea that is not contained in the diaper or the toilet
FEVER with behavior changes or illness <u>Note:</u> An unexplained temperature of 100°F or above is significant in infants 4 months of age or younger and requires immediate medical attention.	Yes - when fever is accompanied by behavior changes or other symptoms of illness, such as rash, sore throat, vomiting, diarrhea, behavior changes, stiff neck, difficulty breathing, etc.
"FLU-LIKE" SYMPTOMS Fever over 100°F with a cough or sore throat. Other flu symptoms can include fatigue, body aches, vomiting and diarrhea	Yes - for at least 24 hours after there is no longer a fever, without the use of fever-reducing medicine
COUGHING <u>Note:</u> Children with asthma may be cared for in school with a written health care plan and authorization for medication/treatment	Yes - if severe, uncontrolled coughing or wheezing, rapid or difficulty breathing and medical attention is necessary
Mild RESPIRATORY OR COLD SYMPTOMS stuffy nose with clear drainage, sneezing, mild cough	No - may attend if able to participate in school activities <i>EXCLUDE if symptoms are severe. This includes fever accompanied by behavior changes and/or difficulty breathing.</i>
RASH WITH FEVER <u>Note:</u> Body rash without fever or behavior changes usually does not require exclusion from school, seek medical advice	Yes - seek medical advice. Any rash that spreads quickly, has open, weeping wounds and/or is not healing should be evaluated
VOMITING two or more episodes of vomiting in the past 24 hrs	Yes - until vomiting resolves or a health care provider decides it is not contagious. If the child has a recent head injury observe for other signs of illness and for dehydration

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CHICKEN POX	Yes - until blisters have dried and crusted (usually 6 days) If blister occurs after vaccination, refer to Health Dept Guidelines
CONJUNCTIVITIS (PINK EYE) OR pink color of eye <i>and</i> thick yellow/green discharge	No (bacterial or viral) – children do not need to be excluded unless the child meets other exclusion criteria, such as fever or behavioral change. Consult a health professional for diagnosis and possible treatment.
CROUP (SEE COUGHING) <u>Note:</u> May not need to be excluded unless child is not well enough to participate in usual activities	Seek medical advice
FIFTH'S DISEASE	No - child is no longer contagious once rash appears
HAND FOOT AND MOUTH DISEASE (Coxsackie virus)	No - may attend if able to participate in usual activities, unless the child has mouth sores and is drooling
HEAD LICE OR SCABIES	Yes - from end of the school day until after first treatment.
HEPATITIS A	Yes - until 1 week after onset of illness or jaundice and when able to participate in usual activities
HERPES	Not necessary unless the student has open sores and is drooling uncontrollably. Yes - if area is oozing and cannot be covered, such as mouth sores
IMPETIGO	Yes - for 24 hours after antibiotic treatment starts
RINGWORM	Yes - from end of school until after first treatment starts. Keep area covered for the first 48 hrs of treatment
ROSEOLA	Yes - seek medical advice Exclusion not necessary unless the child has a fever along with the rash
RSV (Respiratory Syncytial Virus)	Exclusion is not necessary, but is recommended when a child is not well enough to participate in usual activities and/or is experiencing acute respiratory symptoms stay home. Seek medical advice. Once a child in the group has been infected, spread of illness is rapid.
STREP THROAT	Yes - for 24 hours after antibiotic treatment and the child is able to participate in usual activities
VACCINE PREVENTABLE DISEASES Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)	Yes - until determined not contagious by health care provider
YEAST INFECTIONS including thrush or Candida diaper rash	No - may attend if able to participate in school activities Follow good hand washing and hygiene practices

References

- American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. Caring for our children: National health and safety performance standards; Guidelines for early care and education programs. 3rd edition. Elk Grove Village, IL.
- American Academy of Pediatrics, *Managing Infectious Diseases in Child Care and Schools*, Elk Grove Village, IL 2009.
- Colorado Department of Public Health and Environment, Communicable Disease Epidemiology Program, *Infectious Disease in Child Care Settings: Guidelines for Schools and Child Care Providers*, Denver, CO., November 2012.