

Illness Policy When to keep your child at home

Young children frequently become mildly ill. Toddlers and preschoolers experience a yearly average of six respiratory infections (colds) and can develop one to two gastrointestinal infections (vomiting and/or diarrhea) each year.

If your child is experiencing vomiting, diarrhea or has a fever, they must remain home. Your child must be free from vomiting, diarrhea and a fever for 24 hours before returning to Little Blessings.

There are three reasons to keep (exclude) sick children from child care or school:

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.

Children with the following symptoms or illness should be kept (excluded) from child care or school.

Illness or symptom	Exclusion is necessary
DIARRHEA. Stools that are watery and frequency is twice what is usual.	YES
CHICKEN POX	YES – until blisters have dried and crusted (usually 6 days)
CONJUNCTIVITIS (Pink Eye) or EYE DISCHARGE (thick mucous or pus draining from the eye)	YES – until 24 hours after treatment. If your health provider decides not to treat your child, a note is needed.
COUGHING	YES – medical attention is necessary.
COXSACKIE VIRUS (Hand, foot and mouth disease)	NO – may attend if able to participate in school activities, unless the child has mouth sores and is drooling.
CROUP	SEEK MEDICAL ADVICE. May not need to be excluded unless the child is not well enough to participate in usual activities.
FEVER – 100 ° F and above.	YES
FIFTH'S DISEASE	NO – child is no longer contagious once rash illness appears
HEADLICE OR SCABIES	YES – child may return after treatment starts
HEPATITIS A	YES – until 1 week after onset of illness or jaundice and when able to participate in school activities
HERPES	YES – if area is oozing and cannot be covered (mouth sores)
IMPETIGO	YES – until 24 hours after treatment starts
BODY RASH with FEVER	YES – seek medical advice. Any rash that spreads quickly, has open, weeping wounds and/or is not healing should be evaluated
Mild RESPIRATORY OR COLD SYMPTIOMS	NO – may attend if able to participate in school

(stuffy nose with clear drainage, sneezing, mild cough)	activities.
Upper RESPIRATORY COMPLICATIONS -large amount of yellow-green nasal discharge -extreme sleepiness -ear pain -fever	YES – seek medical advice and decide whether your child should attend school
RINGWORM	YES – may return after treatment starts. Keep area covered for the first 48 hours of treatment.
ROSEOLA	YES – seek medical advice. A child with rash and no fever may return to school.
RSV (respiratory Syncytial Virus)	YES – seek medical advice. Once treatment has started, child does not always need to be excluded unless the child is not well enough to participate in usual activities.
STREP THROAT	YES – until 24 hours after treatment and the child has no fever for 24 hours.
VACCINE PREVENTABLE DISEASES	YES – until judged not infectious by the health care provider.
VOMITING	YES – until vomiting resolves or a health care provider decides it is not contagious. Until 24 hours after last episode.
YEAST INFECTIONS (thrush or candida diaper rash)	NO – may attend if able to participate in school activities.

Most of this information was developed by The Children’s Hospital School Health Program, Denver, CO.