

## Illness Guidelines

*The following information is provided to enable members to make a decision concerning when, due to illness it is best for a child or participating member to remain at home. Listed below are some of the common illnesses seen in the preschool population. Please read through and note the suggestions made regarding each illness. These are general recommendations, always consults your physician if questions arise.*

**Fever:** A child with a fever should not attend school. The child should be fever free for 24 hours prior to returning to school.

**Diarrhea and/or vomiting:** If your child has had diarrhea or vomiting s/he should be free of symptoms for 24 hours prior to returning to school.

**Rash/open skin lesion:** any child with a rash of unknown origin should not attend school. All open skin lesions, cuts, or eczema must be covered.

**Pink eye (conjunctivitis):** Pink eye is highly contagious and must be treated with medication. The symptoms of pink eye are redness, pain, swelling, and an abundance of drainage from one or both eyes. Please check with your physician regarding when your child may be allowed to return to school.

**Strep throat:** Strep throat is contagious and must be treated with medication. The symptoms of strep throat are pain for more than 3 days, very red throat (possibly with white spots) and occasionally fever, rash and general malaise. Check with your physician regarding when your child may be allowed to return to school.

**Head Lice:** The main symptoms of head lice are itchy scalp and the detection of nits. Check with your physician regarding the treatment plan, and immediately contact the Health and Safety Chair to discuss other precautions that need to be taken at home and at school.

**Pain:** Please keep your child at home if s/he complains of headache, earache, or has a general complaint of pain.

**Communicable Diseases:** If your child has been exposed to a communicable disease (chicken pox, measles, fifth disease, etc.) and s/he is due to become contagious within a 24 hour period, please keep him/her home. Check with your physician before returning the child to school after a contagious disease. Notify the Health and Safety Chair if your child has a communicable disease or has been exposed.

**Common cold:** When your child initially shows symptoms of runny nose or cough, please have them stay home from school for at least 24 hours. Your child may attend school with a lingering cough or a clear runny nose following an illness, if they are feeling well enough to participate. If, however, your child has green mucus from their nose, please keep them home. This is most often a sign of infection and may need treatment by a physician.

If a child develops symptoms of illness while at school, s/he will be isolated from the other children until a parent has been contacted and is able to come pick up the child. If your child's siblings are sick please be courteous and minimize their exposure to the other children while dropping off and picking up your child. If any information needs to be updated on your child's health record during the school year, please get the information to the Health and Safety Chair.