

## PARENT'S HEALTH GUIDELINES

The following types of illness would prohibit a child from attending the child-care center. We do not allow an ill child if one or more of the following exists:

1. The illness prevents the child from participating comfortably in child-care center activities including outdoor play.
2. The illness results in a greater need for care than caregivers can provide without compromising the health, safety, and supervision of the other children in care.
3. The child has one of the following (unless a medical evaluation by a health-care professional indicates that you can include the child in the child-care center's activities):

Although we acknowledge these guidelines may seem difficult for some families, we feel that only with consistent application to all can we provide the safest and best possible health care to your child. Below is a detailed list of the types of illness that would prohibit a child from attending the child-care center:

**Fever (100°f or higher)** – An axillary (armpit) temperature above 100 degrees that is accompanied by behavior changes or other signs or symptoms of illness / An infrared temporal (forehead) temperature above 100 degrees that is accompanied by behavior changes or other signs or symptoms of illness

**Uncontrolled Diarrhea** – This is when: a diapered child's stool: Is not contained in the diaper; and/or exceeds two or more stools above the normal for that child. Child needs to be symptom free for 24 hours without the aid of medication.

**Vomiting** – If a child vomits two or more times at the center, parents will be contacted immediately to remove the child from the center. If your child has vomited two or more in the last 24 hours, please keep your child home until she/he is able to keep solids and liquids down for 24 hours. Child needs to be symptom free for 24 hours without the aid of medication.

**Runny Nose with colored discharge** – With severe colds, a child may become cranky, sleepy or listless, have an undiagnosed cough that won't go away, and/or green or yellow nasal discharge. If your child shows these symptoms, keep your child at home to permit a speedy recovery.

**Rash** – Any unidentified rashes should be diagnosed by the child's family doctor before the child comes to child care. The child may return with a note from the doctor identifying the rash with assurance it is not contagious.

**Discharge from eyes or ears. Pinkeye/Conjunctivitis** – A child's symptoms of pinkeye/conjunctivitis are: the whites of the eyes turn pink or red; eyes hurt or feel scratchy, and eyes may have a yellow discharge. Pinkeye/conjunctivitis is extremely contagious and the child must be on optic antibiotics a full 24 hours before returning to the center.

**Lice** – Child needs to be treated and nits removed before return.

Any other symptoms and signs of possible severe illness such as lethargy, abnormal breathing, mouth sores with drooling, behavior changes, or other signs that the child may be severely ill will require a health-care professional diagnosed. If the child is diagnosed with a communicable disease, it will be required to have medical documentation to indicate that the child is no longer contagious.

I have read and will follow the Health Guidelines set forth above.

Parent's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

