

## When to keep your child home from child care

A child should be kept home if the child's temporary illness prevents the child from participating comfortably in activities at school. This could include a cough or stomachache

### Fever

Exclude if oral temperature of 100.5 or above. Stay at home for 24 hours after the fever has stopped and no fever reducing medication has been given for 24 hours

### Vomiting

Exclude if vomiting one or more times in a 24 hour period. Stay home for 24 hours after vomiting has stopped. If vomiting is known to be caused by a condition that is not contagious and the child is not in danger of dehydration please consult the office about returning to child care.

### Diarrhea

Exclude from day care if two or more loose stools occur in a 24 hour period. Return to care when 24 hours have passed with no diarrheal stool or fever. Exclude from care if 1 or more loose stools with blood or mucus.

### Generalized rash of unknown origin

Exclude until rash is resolved or medical clearance is given

## When you need a doctor's note to return to child care

If you bring your child to see a physician for any illness please bring in a return to child care note.

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If your child has been diagnosed with any of the "common diseases and illnesses" listed on the opposite side of this brochure that require a Medical Note.

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If we request that your child be seen by a doctor, we will fill out a Child Sent Home Sick form and indicate that your child will need a doctors note to return to care.

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If you think that your child has an illness that can be spread to others, please keep him or her home from child care. Contact your health provider for further assistance.

Please make arrangements for when your child is sick or has to be picked up,.



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# When to keep your child home when they are sick and when they can return

## Common Diseases & Illnesses

DISEASE	COMMON SYMPTOMS	CRITERIA TO RETURN	EXCLUSION
CONJUNCTIVITIS PERULENT	Pink or red conjunctivae with white or yellow discharge, often with matted eyelids after sleep and eye pain or redness of the eyelids or skin surrounding the eye.	Medical Note	Exclude from school while symptomatic or until 24 hours after antibiotic treatment
CONJUNCTIVITIS NON- PERULENT	Pink conjunctivae with a clear watery eye discharge without a fever, eye pain, or eyelid redness	Not applicable	None
E. coli 0157	Nausea, vomiting, bloody diarrhea, and abdominal cramps	Medical Note	Exclude until 24 hours without diarrheal stool.
Fifth Disease	Rash, characterized by "slapped face" appearance	Not applicable	No exclusion for cases. Pregnant women and immune compromised persons should seek medical advice.
Head Lice	Head scratching	May return when head lice cleared	Exclude from school if live lice or nits are present
Influenza	Fever, cough, and/or sore throat (in absence of a known cause)	Medical note only if child is seen by a physician	Exclude until resolved
Measles	Fever, reddened eyes, runny nose, cough. Dusky-red blotchy rash on day 3 or 4.	Medical Note	Exclude until 4 days after onset of rash
Meningitis, Bacterial	High fever, headache and stiff neck	Medical Note	Exclude Until recovered
Meningitis, Viral	High fever, headache and stiff neck	Medical Note	Exclude Until recovered
Mononucleosis	Fever, sore throat, enlarged lymph nodes	Medical Note	Exclude from school while symptomatic
Mumps	Fever with swelling and tenderness of one or both parotid glands located below and in front of ears.	Medical Note	Exclude until 5 days after onset of parotid gland swelling
Pertussis	Initial stage begins with upper respiratory infection symptoms and increasingly irritating cough. Beginning stage is characterized by repeated episodes of violent cough broken by high pitched whoop when breathing. Older children may not have whoop.	Medical Note	Exclude until 5 days of appropriate antibiotic therapy.
Hand Foot and Mouth	Fever, sore throat. Painful, red blister-like lesions on the tongue, gums and inside of the cheeks. A red rash, without itching but sometimes with blistering, on the hands and feet and sometimes the buttocks. Irritability, loss of appetite.	Medical Note	Exclude until fever free for at least 24 hours without medication and all sores have scabbed over.