



ILLNESS POLICY

UPDATED MAY 2024

SYMPTOM	WHEN TO RETURN
<p>FEVER</p>	<ul style="list-style-type: none"> • May return to childcare after 2 CALENDAR DAYS symptom free / no new symptoms appear. • Child must be fever free (without being medicated) for 2 FULL CALENDAR DAYS from the last fever before returning to child care <p>** Teething is not a source of fever, a child might have a mild elevated temperature from teething however a child will not have a fever **</p>
<p>VOMIT/DIARRHEA</p>	<ul style="list-style-type: none"> • May return to childcare after 2 CALENDAR DAYS symptom free / no new symptoms appear from the last vomit/diarrhea episode. Child must not have any vomit/diarrhea for 2 full calendar days before returning to child care. • Must speak with staff before returning.
<p>COLD/FLU (CLEAR RUNNY NOSE, WATERY EYES, UNWELL, LETHARGIC, COUGH, SORE THROAT)</p>	<ul style="list-style-type: none"> • May return to childcare after 2 CALENDAR DAYS / no new symptoms. • If runny nose needs to be cleaned more than twice in a half hour span, the child is still actively sick. • Active colds/flu with sneezing, watery eyes, cough, loss of appetite, congestion etc., children must stay home, aftermath runny nose (green/yellow) or lingering cough might be acceptable. • Must speak with staff first before returning.
<p>RUNNY NOSE ONLY</p>	<ul style="list-style-type: none"> • May return to childcare after 1 CALENDAR DAY /no other symptoms. • If runny nose needs to be cleaned more than twice in a half-hour span, the child may be actively sick. • Aftermath runny nose (green/yellow) might be acceptable. • Must speak with staff first before returning.
<p>EXCESSIVE/SEVERE COUGHING</p>	<ul style="list-style-type: none"> • May return to childcare after 2 CALENDAR DAYS if minor/ no new symptoms. • Child must be able to engage in normal activities and exercise without having a significant coughing episode. • If the cough persists during rest time, additional days should be added before returning. • Lingering cough might be acceptable. • Must speak with staff first before returning.
<p>DIFFICULTY BREATHING OR WHEEZING</p>	<ul style="list-style-type: none"> • May return to childcare when breathing is clear and normal.
<p>UNEXPLAINED FATIGUE OR ACHES</p>	<ul style="list-style-type: none"> • May return to childcare after 2 CALENDAR DAYS /no new symptoms.
<p>RASH, COLD SORES</p>	<ul style="list-style-type: none"> • May return to childcare after rash or sores have cleared up.
<p>COMBINATION OF SYMPTOMS</p>	<ul style="list-style-type: none"> • May return to childcare after 3 CALENDAR DAYS symptom free and no new symptoms have appeared. • Must speak with staff first before returning.

SYMPTOM	WHEN TO RETURN
<p>HAND, FOOT, AND MOUTH DISEASE</p>	<ul style="list-style-type: none"> • May return to childcare once all blisters/sores are no longer open and have scabbed over. • If your child develop fever/vomiting during the infection they must be SYMPTOM FREE FOR 2 CALENDAR DAYS before returning • SIBLINGS MUST STAY HOME AS WELL • Must speak with staff before returning.
<p>PINK EYE (CONJUNCTIVITIS)</p>	<ul style="list-style-type: none"> • May return to childcare once the discharge or redness from the eye is gone. • After taking antibiotics may return after 1 CALENDAR DAY • Conjunctivitis is very contagious. Must be symptom free/ no new symptoms. • Must speak with staff before returning.
<p>TEETHING</p>	<ul style="list-style-type: none"> • If your child is teething they may attend unless they have a fever. • Symptoms of teething may include: <ul style="list-style-type: none"> • Drooling • Rash on the face (typically caused by skin reaction to drool) • Gum pain • Fussiness or irritability • Trouble sleeping • If your child has a temperature above 100.4° F (38° C), it is considered a fever. Not a slightly increased body temperature. <p>“Teething does not cause fevers. If you have any concerns, call 811 to speak with a nurse or contact your healthcare provider” -Fraser Health</p>
<p>GETTING VACCINATED</p>	<ul style="list-style-type: none"> • We cannot take the risk assuming your child has fever or is feeling unwell from getting the flu shot, the COVID vaccine, or any vaccine in general. • If your child develops any symptoms after getting vaccinated, please follow the illness policy. • If you child is getting vaccinated before/during childcare hours, please keep them home to monitor and they can attend the following day as long as they remain symptom free. • Must speak with staff before returning.
<p>IF CHILD IS SENT HOME DUE TO ILLNESS OR UNDETERMINED ILLNESS</p>	<ul style="list-style-type: none"> • May be able to return to childcare after 1 CALENDAR DAY OBSERVATION to determine issue/illness. • May not return the next day. <ul style="list-style-type: none"> • For example: If your child is sent home Monday at 10:30 am, they can return Wednesday unless new symptoms start or the child’s illness is determined, in that case you follow the illness policy based on the child’s illness. • Must speak with staff before returning.