

## **THE CHILDREN'S PLACE** **ILLNESS PROTOCOL REMINDER**

Parents, with heightened awareness due to the spread of the Coronavirus as it gets closer and closer to our community, as well as the common cold and flu, I thought it prudent to remind you of our protocols and steps we are taking to keep TCP as safe as possible.

Child care, no matter how much we try, is a petri dish for illnesses and viruses. That being said, we are taking steps to help keep TCP as safe and free from viruses as we possibly can.

### **Emergency Contacts and Updated Contact Information:**

This is a good time to make sure we have your updated contact numbers including home, work and cell, as well as current emergency contacts in the event we can not reach you. It is important that we are able to reach you or a designated emergency contact at all times. You can update in Brightwheel, but we also ask you to email Lisa ([Lisa@tcpreschool.org](mailto:Lisa@tcpreschool.org)) directly with any changes or updates.

### **What you can do to help:**

- We ask you please WASH (with soap and water for a minimum of 20 seconds, about the length of the Happy Birthday song) your child's hands when you drop off in the morning and when you pick in the afternoon.
- Please be sure you are taking your child's water bottle home and washing with hot soapy water on a daily basis.
- If your child is sick with flu symptoms, keep your child home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- [Wash your hands](#) often with soap and water. If soap and water are not available, use an [alcohol-based hand rub](#). ([Resources for good handwashing practices](#)).
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Keep your kids away from others who are sick or keep them home if they are ill.
- Teach kids to cough and sneeze into their arm or elbow, not their hands.
- Clean and disinfect household objects and surfaces in your home.

### **When to exclude your child from school:**

We will send, and you should keep, your child home if the following conditions occur:

- illness prevents the child from participating comfortably in school activities;

- your child needs to be separated from other children or needs care that is greater than we are able to provide;
- Or, the child poses the risk of spreading harmful or contagious disease or virus to other children and staff.

During this outbreak, the CDC recommends that any child with respiratory symptoms (cough runny nose, sore throat, etc) be excluded from their child care programs, until they are symptom free or have been cleared by a doctor.

Flu vaccine is strongly recommended.

Conditions that require exclusion from school are as follows:

- When the child appears to be ill, is not responsive, irritable, crying, difficulty breathing, or a quickly spreading rash.
- Fever over 100 degrees F (38.3 C)
- Diarrhea: Stool which is occurring more frequently and/or is less formed in consistency than usual for the child, and is not associated with changes in diet. Exclusion is required for all diaper children whose stool is not contained in the diaper and potty trained children if the diarrhea is causing accidents.
- Vomiting 2 or more times in the previous 24 hours.
- Abdominal pain that continues for more than 2 hours or is intermittent and associated with a fever other signs or symptoms.
- Mouth sores with drooling unless the child's primary health provider stated the child is noninfectious.
- Rash with fever or behavioral changes, until the child's primary health provider determines the child does not have a communicable disease. A doctor's note is required for the child to return to school.
- Skin sores that are weeping fluid or on an exposed body surfaces that can not be covered.

Other conditions with specific diagnoses that require exclusion from school are as follows, a doctor's note will be required for your child to return to school.

- Strep Throat
- Head Lice
- Chickenpox
- Rubella
- Pertussis (Whooping Cough)
- Mumps
- Measles
- Hepatitis A

**When it is OK to stay in child care or come to school:**

As long as there is no fever and the child does not show signs of severe illness, children can come to school with the following:

- Runny noses (regardless of color or consistency)
- Cough
- Pink eye (after 24 hours of treatment)
- Eye pain or eyelid redness
- Fever less than 100 degrees, without any signs or symptoms of illness
- Rash without fever and without behavioral changes
- Thrush
- Fifth disease
- Hepatitis B
- HIV infection

**Please contact Lisa or your child's teacher with any questions.**