

Healthy Young Children

A Manual for Parents

These health policies are a collaborative effort with: Administration for Children, Youth and Families, American Academy of Pediatrics, Division of Maternal and Child Health, U.S. Department of Health and Human Services, Georgetown University Child Development Center, Massachusetts Department of Public Health, National Association for the Education of Young Children Village Square Day Care – Johnston, Iowa.

Health Guidelines and Policies

To maintain a safe and healthful environment for your child and those around him/her, the following guidelines have been established. When your child has one of the following symptoms or illnesses or has a communicable disease, he/she may not attend the center. If your child develops one of these symptoms, you will be contacted to take your child home. For illnesses requiring medications, your child must be on the medication for 24 hours before returning.

VOMITING

(This should not be confused with spitting up due to sinus drainage.) Children will be dismissed immediately from the center and will need to be picked up. They may return 24 hours after the last vomiting episode.

DIARRHEA

When a child has loose stools and is not able to get to the bathroom in time, you will be asked to pick your child up and he/she must be diarrhea free for 24 hours before returning.

FEVER

Children will be sent home when their oral temperature is 100.4 degrees. Children must be fever free for 24 hours (without fever reducing medication) before returning.

STREP THROAT

Children may return to school 24 hours after beginning antibiotic treatment.

PINK EYE

In the case of suspected pink eye, you will be asked to pick up your child and he/she may return to the center 24 hours after medication has been applied to the affected eye.

CHICKEN POX

The child may return to the center after all lesions have scabbed over. This takes approximately seven days from the onset of the first lesion.

HAND, FOOT AND MOUTH DISEASE

Children are exposed and contagious before they break out, so there is no need to be removed from the center. Symptoms may last 7-10 days. However, if blisters on hands are weeping, and if blisters are found in the mouth, your child will be sent home.

IMPETIGO

This rash is round, oozy, and red. It may be flat, honey-crusted and itchy. Child will be sent home and may return 24 hours after being on medication.

LICE

Parents will be notified when their child has lice. The child may return after being treated with medicated shampoo. Depending on the shampoo used, treatment may be one or two washings at the onset. Treatment must be repeated in 7 days.

SUNSCREEN

All children will have sunscreen applied for outdoor play. Parents are to provide the sunscreen labeled with the child's name.

GENERAL SYMPTOMS

When your child has one of the following symptoms or illnesses, you will be contacted immediately. Your child will not be allowed to stay in the center, especially if combined with a low grade fever. You will need to pick your child up as soon as possible, whether it is at naptime, lunch, or close to your closing work time, etc.

- Unusual spots or rashes
- Sore throat or trouble swallowing
- Infected skin
- Unusually dark, tea-colored urine
- Headache and stiff neck
- Severe continuous coughing
- Swollen glands
- Unusual or uncharacteristic behavior such as:
 - Crankiness
 - Inactivity/lethargy
 - Excessive crying
 - Paleness
 - Uncomfortableness
 - Loss of appetite
 - Ear pain or drainage
 - Other localized pain

The above information is to serve only as basic guidelines. According to the center's license guidelines, the center staff must assess children's health daily. Staff is not medically trained to diagnose health conditions. At any time if it is felt a more professional assessment of a child's health is in the best interest of that child, or others in the center, the child will be required to leave, as stated in the above policies.

The center will take all necessary precautions to prevent further spread of infections, illnesses, etc., as issued by the State of Iowa and Association of Christian School International health guidelines. To maintain a healthy environment for **all** children, parents should notify the center when their child has contracted a communicable disease.

Thank you for your cooperation. Together we will provide a safe and healthy environment for your child and all children at our center.

It is advisable to have a back-up plan to have your child picked up. If you can not be reached, we will call the emergency pick up person(s) you have named on your child(ren)'s enrollment form.