

Quick Check – Should This Child Stay Today?

Skin colour changes?

Discharge from
eyes?
ears?
nose?

Feels hot?

Difficulty
breathing?

Rashes?

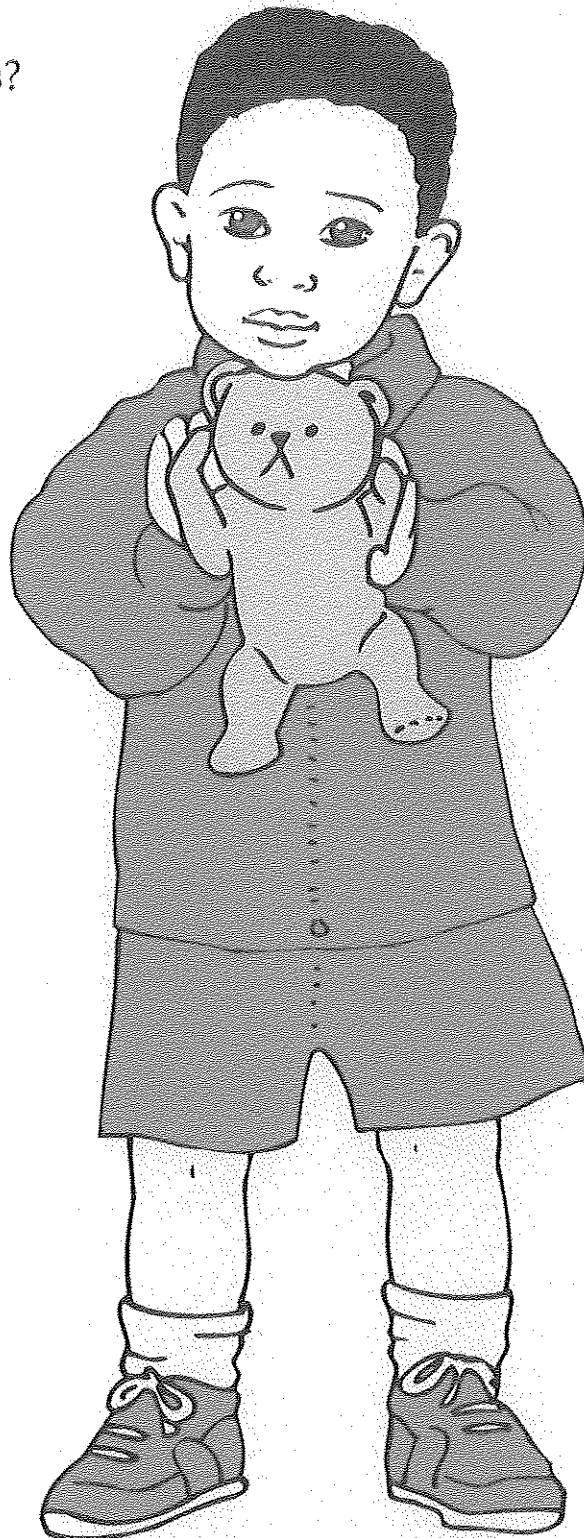
Mood change?
– tired or cranky

Sores?

Activity level?
(are they well
enough to
take part in
everyday
activities?)

Swelling?

Bruising?



**Does this child feel well today?
Talk to parents about any health concerns before they leave.**

If you have any questions call your local Community Health Office/Centre.

HEALTH SYMPTOMS THAT REQUIRE A CHILD TO BE EXCLUDED FROM CARE

There are three important issues in determining when children are too ill to go to a child care program or when a child should be sent home. These are:

1. The comfort and safety of the children who may be ill.
2. The protection of the other children from a communicable disease.
3. The capacity of the child care and the staff to look after children who may be ill.

CHILDREN SHOULD NOT ATTEND A CHILDCARE PROGRAM IF THEY HAVE ANY OF THE FOLLOWING SYMPTOMS:

- **Pain** – any complaints of unexplained or undiagnosed pain.
- **An acute cold** with fever, runny nose and eyes, coughing and sore throat. **Note:** once temperature, well-being and energy are normal coughing and runny nose may continue (depending on the suspected illness) without the child being contagious. If symptoms are caused by a known allergy, the child is not contagious.
- **Difficult in breathing** – wheezing or a persistent cough.
- **Fever** - 100°F / 38.3°C or more. **Note:** A fever that is accompanied by general symptoms such as listlessness may be an early sign of illness that requires a physician's attention.
- **Sore throat** or trouble swallowing.
- **Infected skin** or eyes or an undiagnosed rash.
- **Headache** and stiff neck – **Note:** These symptoms indicate that the child should see a physician.
- **Unexplained diarrhea** or loose stool combined with nausea, vomiting or abdominal cramps. These symptoms may indicate a bacterial or viral (gastrointestinal) infection that is very easily passed from one child to another. The child should be kept home until all symptoms have stopped.
- **Nausea and vomiting** may be an early sign of illness. **Note:** These symptoms indicate that the child requires a physician's attention.
- **Severe itching** of body and scalp.
- A known or suspected **communicable disease**. **Note:** This should be reported to a Child Care Licensing Officer.

CHILDREN ARE REQUIRED TO BE KEPT AT HOME OR TAKEN HOME FROM THE CHILD CARE FACILITY WHEN:

- Is suffering from one or more of the above symptoms or,
- Is not well enough to take part in the regular daily program of the facility.
- Has not completed the full exclusion period for a diagnosed illness.

Reference:

Preventing Illness in Childcare Settings, Ministry of Health, 1992
Sneezes & Disease, Vancouver Coastal Health, 2004

Dear Parent:

We are asking for your support to maintain the health of all children by keeping your child home when they are ill. Their recovery will be sped up when they have the opportunity to rest at home. A proper sleep and breakfast are essential to ensure children function well at school and in daycare.

Parents will be contacted to take their children home if they become ill with symptoms during the day.

Children should be kept home from school or daycare when they have the following symptoms:

- Fever over 38 degrees Centigrade
- Diarrhea and/or vomiting in the previous 48 hours
- A rash that has not yet been diagnosed
- Blister like sores that have not yet been diagnosed
- Cough, runny nose and sore throat

Influenza is spread through the air by coughing or sneezing, or by direct touching of the infected person, or by touching articles infected with mucous from the sick person's nose or throat.

Please reinforce with your children the necessity for frequent handwashing, covering the mouth when coughing and sneezing, and sanitary disposal of oral and nasal discharges. Children should not be sharing saliva with others and when spitting it should only be into a tissue that will be discarded.

Should you have any questions or concerns, please contact the nurse assigned to your school or child care at 604-233-3150 or the Child Care Licensing Program at 604-233-3147.

Yours truly,



James D Lu, MD MII Sc
Medical Health Officer