

Sick Policy for Children and Staff at

Based upon Colorado Department of Health & Environment's,
Infectious Diseases In Child Care and School Setting, March 2016

Guidance Policy for Ill Children:

Excluding a child or staff who has an infectious disease from child care or school can decrease the spread of illness to others. In the following situations in which a child does *not* have a diagnosed disease/condition, but has signs or symptoms indicative of an infectious disease, exclusion (defined as keeping a child from attending the child care or school setting) from the child care facility shall be considered:

- The child does not feel well enough to participate comfortably in usual activities.
- The child requires more care than the child care or school personnel are able to provide.
- The child is ill with a potentially contagious illness and exclusion is recommended by the child care health consultant, health care provider, or the state or local public health agency.
- The child has signs or symptoms of a possible severe illness, such as trouble breathing.

The chart below lists common symptoms that could possibly be related to an infectious disease. The chart indicates whether to exclude a child exhibiting a particular symptom. If a child is excluded based on symptoms, and not a diagnosed illness, the child should be allowed to return to child care or school when the illness is not communicable as described below and provided that the child can participate in routine activities.

SYMPTOM	EXCLUSION GUIDELINES
Cough	Exclusion shall occur if the child is experiencing severe, uncontrolled coughing or wheezing, having difficulty breathing, becoming red or blue in the face, making high-pitched whooping sounds after coughing, or vomiting after coughing. The child should be allowed to return once symptoms have subsided, or a health care provider clears the child.
Diarrhea (defined as stools that are more frequent and looser than usual)	Exclusion shall occur if any of the following conditions apply: the child has other symptoms along with the diarrhea, such as vomiting, fever, abdominal pain, or jaundice; the diarrhea cannot be contained in a toilet; there is blood or mucous in the stool; or the child is in diapers. The child should be allowed to return 48 hours after the diarrhea has subsided.
Earache	No exclusion is necessary
Fever (defined as a temperature over 101°F orally)	No exclusion is necessary, unless the child has symptoms in addition to the fever, such as a rash, sore throat, vomiting, diarrhea, behavior changes, stiff neck, or difficulty breathing.

Headache	No exclusion is necessary, unless the headache is severe and accompanied by additional symptoms like vision problems, stiff neck, or behavior change.
Jaundice or unusual color of the skin, eyes, stool, or urine	Exclusion shall occur until a medical exam indicates the child does not have hepatitis A.
Mouth Sores	Exclusion shall occur if the child is drooling uncontrollably. The child should be allowed to return once symptoms have subsided, or a health care provider clears the child.
Rash	Exclusion shall occur if the child has symptoms in addition to the rash such as behavior change, fever, joint pain, or bruising not associated with injury, or if the rash is oozing or causes open wounds. The child should be allowed to return once symptoms have subsided, or a health care provider clears the child.
Stomach Ache / Abdominal Pain	Exclusion shall occur if the pain is severe, if the pain appears after an injury, or if the child had symptoms in addition to the stomach ache, such as vomiting, fever, diarrhea, or jaundice. The child should be allowed to return once symptoms have subsided, or a health care provider clears the child.
Swollen Glands	Exclusion shall occur if the child has symptoms in addition to the swollen glands such as difficulty breathing or swallowing, or fever. The child should be allowed to return once symptoms have subsided, or a health care provider clears the child.
Vomiting	Exclusion shall occur if the child has vomited more than two times in 24 hours; if the vomit appears bloody; if the child has a recent head injury; or if the child has symptoms in addition to the vomiting, such as fever or diarrhea. The child should be allowed to return once symptoms have subsided, unless the child had fever or diarrhea with vomiting, then the child should be allowed to return 48 hours after the vomiting, fever and diarrhea has subsided.

What to do when a child is ill while at the school or child care facility:

- Inform the Director or designated staff and child care health consultant of the child's symptoms.
- Isolate/separate the ill child from the other children.
- Notify the child's parents/guardians of the child's illness and their symptoms. If the child needs to be excluded, keep the child isolated/separated from other children until the parent/guardian can pick them up.
- Take child's temperature.

- If a child is coughing or sneezing, she/he should be reminded to cover her/his mouth and to wash her/his hands afterward.
- After touching or caring for the ill child, avoid contact with other children until you have washed your hands.
- Log the illness in the required illness log. Indicate child's name, assigned classroom or group, date and time of symptoms onset, describe symptoms, actions taken, and date or time child returned to their group setting.

In cases in which the child has a diagnosed illness such as chickenpox, hand, foot and mouth disease, Norovirus or Salmonella, the Colorado Department of Health & Environment's, Infectious Diseases In Child Care and School Setting should be referenced and guidance followed. When unvaccinated children are exposed to a vaccine preventable disease such as measles, mumps, rubella, and pertussis, the state or local public health agency needs to be consulted in order to determine if exclusion of unvaccinated children is necessary. If a cluster or outbreak of an illness occurs involving two or more unrelated children, the state or local public health agency also needs to be consulted.

Guidance Policy for Ill Staff:

Staff working in child care facilities and schools are frequently exposed to various infectious diseases and may become ill. If ill with diarrhea or vomiting, child care and school personnel should not work until at least 48 hours after the last episode of vomiting or diarrhea. This is especially important for staff that work in food service or handle food in any manner, and for staff that care for infants and toddlers, including staff that prepare and serve bottles.

The Infectious Diseases In Child Care and School Setting guidebook should be reference and guidance followed when staff have a diagnosed illness. Contact the state or the local public health agency if staff reports being ill from Norovirus, Salmonella, Campylobacter, Shigella, Hepatitis A, E.coli/Shiga Toxin Producing E. coli or when exposed to a vaccine preventable disease such as measles, mumps, rubella, and pertussis.