



## Sick Policy 2025-2026

Health and wellness are of primary concern in our environment. The wellbeing of all members of our community is at the forefront of our decisions. In order to effectively manage infectious disease, vigilance is required. Because of the close proximity and nature of a preschool classroom, it only takes one sick child coming to school to spread a cold or other illness to all the other families and teachers, so do we ask that you respect and abide by the guidelines we have set.

### General Advice For When to Keep Your Child at Home

Sick children are not permitted in school. Please do not send a child to school if any of the following symptoms are present, regardless of cause: fever of 100.4°F or higher, rash, diarrhea, wet cough, persistent sneezing or runny nose, opaque/green mucous, vomiting, sore throat, pink eye, decreased appetite, wheezing, pinworms, chickenpox, earache, excessive fatigue, headache, muscle aches, or lice.

We ask that children be kept at home until a minimum of 24 hours have passed from the last incidence of one of the aforementioned symptoms. If they were ill the previous afternoon or evening, they should not be sent to school the following morning. Following an illness, a child must be well enough to fully participate in all the activities and daily routines.

## 10 Specific Symptoms that Should Keep Kids Home

1. Colds: There are three big reasons to keep a child home with a cold. Firstly, they need rest. Tired kids who don't feel well don't want to participate in classroom activities, nor do they want to sit peacefully and rest all day. When they are here, your child needs to be willing and able to participate in the class and on the playground. Secondly, having children at school who need to have their nose blown every few minutes and each of the class materials they use wiped free of snot means one teacher has to tend to a sick child one-on-one, which causes us to fall out of ratio. Thirdly, and crucially, they are contagious to others. They may make other children sick, they may make the teachers sick, and they may make parents and other members of the community sick. It is very difficult to have a successful school day when we all come down with a cold. The best way to all stay healthy is for us each to stay home when we have the symptoms of a cold. **A cold is contagious for as long as wet symptoms are present.**
2. Coughs: If a wet cough is the result of an active cold, your child should stay home. If they are coughing frequently in their sleep at night, they will be coughing frequently during nap-time, which is uncomfortable for them and keeps other tired friends awake. If a light, dry cough is the remains of an old cold and they feel otherwise fine with **no** other symptoms, they can come to school. We may suggest you bring natural cough medicine for nap-time if their cough is disrupting their sleep or the sleep of others. Please help us

by always reminding your child to cough into their elbow when awake.

3. Ear Infections: They can return once they have been on antibiotics for 24 hours.
4. Sore Throat: If your child wakes up with a sore throat, try giving them something to drink and see if it improves. If the pain persists, they should not come to school, and they need to be given a COVID and Strep test.
5. Fever: A fever is a temperature of 100.4 or higher. Children need to be fever free for 24 hours before returning to school. That means if we send them home, they need to stay home the following school day. If they are running only 99 degrees, but seem pale, achy, and tired, keep them home, please. If your child runs a fever at any time, you will need to rapid test them for COVID-19 and send a negative result before returning to school.
6. Vomiting: If they vomit, keep them home. If they vomit the night before, they should not come to school the next day.
7. Diarrhea: If they have diarrhea, keep them home.
8. Pinkeye: Conjunctivitis is highly contagious. Children can return once they have been on antibiotic drops for 48 hours.
9. Head Lice and Nits: Lice are the parasites, nits are the eggs. All the parasites and nits must be picked out of the

children's hair before they return, and proof of **medical lice treatment** must be submitted to Miss Vanessa before returning to school.

10. Rashes: These include Chicken Pox, Impetigo, and Hand, Foot and Mouth disease. Highly contagious. Please keep them home.

11. Allergies: If your child is suffering from any kind of active allergic response, they should stay home until their symptoms are under control with medicine. If mild seasonal allergies are present, let us know **in advance** (before drop-off) so we can come up with a joint game plan to manage symptoms and ensure your child is able to join the school day.

### Medicine at School

If a child needs to take medicine while at school, a parent must provide the medicine in its original bottle and clear written instructions for dosing by text, email, or on paper. Depending on the circumstance, we may need a prescription or sign-off from a doctor, so please inquire first with Miss Vanessa before bringing.

If you have administered any medicine to your child, **including for constipation**, please communicate this to us before school. It is important information for us to have, and we will plan accordingly.

## COVID-19 Protocols

If a child tests positive for COVID-19, they must stay home for at least 5 days and be completely free of symptoms for 48 hours in order to return to school. If a family member, or anyone else who lives in your child's home, tests positive, your child must present a daily negative antigen test in order to come to school and wear a mask for 5 days. If your child is exposed outside of your home, depending on the exposure, your child may be asked to test and wear a mask for 5 days while indoors at school.

## Pickup Due to Illness

If your child becomes ill at school or is deemed too ill to spend the day at school after being dropped off, a guardian must be available to pick them up within 30 minutes of our call. The average child will catch 6-8 colds per year. **With busy work schedules, consider making a plan with one or two of your emergency contacts to pick up in the event you cannot leave a commitment.**

**When in doubt about whether your child is too sick to come to school, please keep your child at home.** We will send sick children home, and that can be disruptive for both families and the class. If you have any questions regarding this policy, please feel free to call or text Miss Vanessa **before** leaving for school.

Parent Name:

Parent Signature:

Date: