



HEALTH POLICY



HEALTH CARE PRACTICES WAC 110-300-0500

The health of our children and staff is of utmost importance to us. We have established policies for caring for children with special needs or health needs, including allergies, food brought from home, dental hygiene practices and education. We have written policies that cover contagious disease notification, medical emergencies, injury treatment and reporting as well as immunization tracking, and medication management, storage, administration and documentation. We have established handwashing and hand sanitizer use, the observation of children and staff for signs of illness daily, an exclusion and return policy for both children and staff. We have established plans for the prevention of exposure to blood and body fluids. Our health policy includes general cleaning guidelines and how areas such as food contact surfaces, kitchen equipment, toys, toileting equipment, and laundry will be cleaned, sanitized and disinfected. Our policy includes hand washing and hand sanitizers. We have a pest control policy; the care for pets and animals that have access to licensed space policy and the health risks of interacting with pets and animals are documented.

Our Health Policy changes as new exposures happen, please see our most recent Health Policy if updated after January 2024. Our health policy is reviewed and approved by DCYF and can be found on our website. It is also available upon request.



DAILY HEALTH CHECK

Parents are required to sign their kids in through the Bright Wheel app and complete the Health questions provided before entering the classroom. When signing in parents are confirming that their child is well and are able to participate fully in our daily activities.

WHEN TO STAY HOME

To protect the health and safety of children and staff, Please keep your child home if they present TWO or more of the following symptoms (during the time where we have a Covid Case, it will be ONE symptom):

- Fever of 100.44°F or 38°C or higher
- Cough
- Runny nose that is not clear
- More than 3 diarrhea in 72 hours
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Other signs of new illness that are unrelated to a pre-existing condition (such as seasonal allergies)

If any of these conditions develop or become apparent during care, children will be sent home. Decisions about whether a child is well enough to attend will be made by the Director, Assistant Director and/or Lead Teachers. For the child's comfort and to reduce risk of spread, the child will need to be picked up within 90 minutes after the notification. Until then, the child will be kept comfortable, may be isolated or masked, and will continue to be observed for symptoms.



WHEN CAN MY CHILD RETURN?

- Children may return to school once the symptoms have subsided and fever free for more than 24 hours without the help of fever-reducing medicine.
- If it's one of those regular colds that last long, a doctor's note will also suffice, as long as they are fever free for more than 24 hours without the help of fever-reducing medicine.
- Able to participate comfortably in all usual program activities, including outdoor time.
- A medical clearance from a medical provider and/or clearance from the local health department may be required before return. (Cannot be provided by family members, unless the family member is the child's primary medical provider).
 - For all reportable communicable disease, the medical clearance must state that the child is 1) no longer contagious, and 2) well enough to return to group care.
 - For other diseases, rashes, or continuing symptoms, the medical clearance must state that the child is well enough to return to group care.

See the next page for specific exclusion and return requirements for various symptoms, conditions, and illnesses. **The child may not return to the program until all requirements are met and applicable clearance is provided.**

EXCLUSION/ REMOVAL POLICY OF ILL PERSONS WAC 110-300-0500

- Children who are contagious must stay at home. All parents of children in our care will be notified through our Brightwheel app or email within 24 hours of when a communicable disease or food poisoning is discovered.
- The Health Department will be notified of food poisoning and of all reportable diseases at the facility.
- Please message on Brightwheel if your child will not attend due to illness or if you are unsure if your child should come or not.
- If a child should become ill during the day, you will be notified immediately and will be expected to pick up the child within 90 minutes of the call/message. In such event, we will reasonably prevent contact between the ill child and other children until you arrive.
- The parent is responsible for finding substitute care in case of a child's illness.



SPECIFIC EXCLUSION AND RETURN REQUIREMENTS

Symptoms	Exclusion and Return	Medical Clearance Required
Hand Foot and Mouth Disease (HFMD)	Excluded until cleared by a medical provider after determination has been made that the illness is not an infectious disease AND rash has been healed/scabbed over. HFMD is highly contagious and easily spread.	Yes
Rash w/ fever or behavior changes	Excluded until cleared by a medical provider after determination has been made that the illness is not an infectious disease and rash has been healed/scabbed over.	Yes
Skin sores	Excluded until cleared by a medical provider after determination has been made that the illness is not infectious disease and sores have healed/scabbed over.	Yes
Abdominal pain	Excluded if abdominal pain continues for more than 2 hours or if the child is experiencing intermittent pain associated with fever or other signs of symptoms of illness.	Yes
Diarrhea	Excluded until the child has no more than 3 loose stools in the last 72 hours. As long as there is a doctor's note, they can excuse the diarrhea if it is the child's normal bowel movement, however if there is a stomach bug going on, then the child will have to be sent home regardless of the doctor's note, due to this being a possible virus.	No
Diarrhea with blood or mucous	Excluded until cleared by medical provider after determination has been made that the illness is not an infectious disease.	Yes
Vomiting	Excluded and can return when the child has not vomited within the last 24 hours.	No

**SPECIFIC EXCLUSION AND RETURN REQUIREMENTS Cont.**

Symptoms	Exclusion and Return	Medical Clearance Required
Pink or red conjunctiva with white or yellow eye discharge	Excluded for at least 24 hours after antibiotic treatment has been started, if antibiotic has been prescribed. Able to return once there is no more residue from the eyes.	Yes
Mouth sores with drooling	Excluded until cleared by the medical provider after determination has been made that the illness is not an infectious disease.	Yes
COVID-19 Symptoms	(See below COVID-19 Policy)	
Abdominal pain	Excluded if abdominal pain continues for more than 2 hours or if the child is experiencing intermittent pain associated with fever or other signs of symptoms of illness.	
	Exposures	
COVID-19 (SARS CoV-2)	(See below COVID-19 Policy)	
Exposure to other communicable disease	Excluded per local requirements	per local requirements

**WHEN
TO
STAY
HOME:**

FEVER

A
TEMPERATURE
OF 100.4 OR
HIGHER



**CONSISTENT
COUGHING**

THAT WON'T
STOP OR
PROBLEMS
WITH
BREATHING



**DIARRHEA
OR
VOMITING**

VOMITING
WITHIN THE
PAST 24 HOURS
3 DIARRHEAS
WITHIN 72
HOURS



RASHES

BODY RASH
WITH ITCHING
AND/OR FEVER



**HEAD
LICE**

ITCHY HEAD,
ACTIVE HEAD
LICE



**EYE
INFECTION
OR
ANY BODY
DISCOMFORT**

EYE IS RED AND
OOZING A
YELLOW OR
GREEN
DISCHARGE



**WHEN
TO
RETURN
TO
SCHOOL**

FEVER FREE
FOR 24 HOURS
WITHOUT THE
USE OF FEVER
REDUCING
MEDICATION



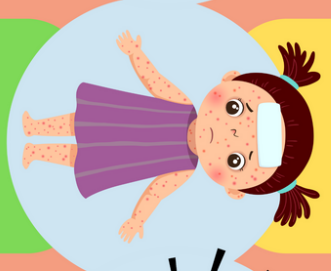
COUGH IS MILD
AND
INFREQUENT
AND
EVALUATED BY
DOCTOR IF
NEEDED



FREE FROM
DIARRHEA
AND/OR
VOMITING FOR
AT LEAST 24
HOURS AND
EVALUATED BY
DOCTOR IF
NEEDED



FREE FROM
RASH, ITCHING,
OR FEVER AND
EVALUATED BY
DOCTOR
DOCTOR NOTE
STATING NON
CONTAGIOUS



NO ACTIVE
HEAD LICE OR
NIT AND
TREATMENT
DONE



24 HOUR AFTER
STARTING
ANTIBIOTIC EYE
DROPS OR
OINTMENT.
DOCTOR NOTE
STATING NON
CONTAGIOUS



THE TEACHERS AND DIRECTOR WILL DECIDE IF THE CHILD NEEDS TO GO HOME IF THEIR SYMPTOMS ARE INTERFERING WITH THE CHILD'S DAILY ACTIVITIES



COVID-19 POLICY

(It may change without any given notice, depending on situation, new mandates, new guidance, etc)

****There are a lot of different scenarios and situations, and every case is different. When in doubt, please message your director. ****

CLASSROOM EXPOSURE (Quarantine rules will also apply to those who have been exposed outside of their household and outside of the classroom)

What to expect:

School will send a Brightwheel message as soon as we receive confirmation of a positive test.

If the school finds out in the middle of a school day:

1. We will send a Brightwheel Alert to all families to inform everyone of the exposure.
2. We will ask to pick up their children *if children are experiencing ANY symptoms*.
3. Please communicate if you plan to quarantine so teachers have knowledge of attendance.

If the school finds out after school hours:

1. We will send a message ASAP, and ask for receipt of the message.
2. Please communicate if you plan to quarantine so teachers have knowledge of attendance.

Quarantine:

Quarantine will now be optional for those who have been exposed at school (as long as it is not a household exposure) and are **NOT** experiencing any symptoms. However, a negative Covid test will be required and must be presented before entering classrooms, for those who are exhibiting any symptoms.

If your child is exposed and exhibiting symptoms, your child will have to stay out until symptoms have gotten better, no fever for the last 24 hours AND present a negative covid test.



Next Steps:

- If a child has already tested positive within the last 90 days and is exposed at school, they will not need to take a covid test. However, if they are exhibiting symptoms, we ask that they stay home. Please see our Health policy.
- Your child **DOES NOT** need to quarantine if your child **DOES NOT** have any symptoms.
- If your child is exhibiting symptoms but tests negative, please see Health Policy.
- If your child tests positive, please keep your child home and see Ill. positive test result.

****Please note, teachers may also need to quarantine so if we do have an outbreak among the teachers, we will have to shorten hours or close. Fees will not be prorated. Sorry for the inconvenience.**





HOUSEHOLD EXPOSURE

If someone in your household tests positive:

Isolate the person who tests positive immediately, unless it is not feasible.

If you are able to isolate the person who tests positive immediately:

1. You can test your child immediately, so if the test is positive, you can already start the quarantine days. Your child can come back to school if your child tests negative with no symptoms and no fever for the last 24 hours.
2. If your child tests negative but have symptoms, they can come back to school if the following requirements are met:
 - if their symptoms have gotten better
 - if they are fever free for 24 hours without any medication,
 - if they have a doctor's note clearing them to come to school, and
 - if they have a negative covid test.

If you are not able to isolate your child from the person who tests positive:

1. We will treat this as if your child is positive. Once the household member (who tested positive) tests negative or after a 10-day quarantine (whichever one comes first), the child can come back to school. If the child exhibits any symptoms, they will need to present a negative antigen test before coming to school.

**If a child has already tested positive within the last 90 days and is exposed outside of school, they do not need to quarantine unless they are exhibiting symptoms.*

POSITIVE TEST RESULT

The child may return to care after 10 full days of isolation, if:

1. Their symptoms have improved or they are asymptomatic, AND
2. They are without a fever for the past 24 hours without use of fever-reducing medications,

**Day 0 starts when the child presents symptoms or the day when the child took the covid test that says positive.*



SICK POLICY DURING A COVID POSITIVE CASE

If your child has ONE of these symptoms, please keep your child home until you get a negative PCR or Antigen test and a doctor's note clearing your child of any other infectious diseases. Unfortunately, COVID-19 is not the only virus that is contagious.

- Fever of 100.44°F or 38°C or higher
- Cough
- Runny nose that is not clear
- More than 1 diarrhea
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Other signs of new illness that are unrelated to a pre-existing condition (such as seasonal allergies)

*As COVID -19 is highly contagious and fast spreading, please be diligent in monitoring children's symptoms.

*Child will be allowed to come back if the PCR or antigen test is negative AND if the child has been fever free for more than 24 hours without the help of fever-reducing medicine.

A child who has had covid in the last 90 days should stay home or will be sent home if this symptom is present:

- Fever of 100.44°F or 38°C or higher .



A child who has had covid in the last 90 days should stay home or will be sent home if two of these symptoms are present:

- Cough
- Runny nose that is not clear.
- More than 1 diarrhea Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Other signs of new illness that are unrelated to a preexisting condition (such as seasonal allergies)

They may return to school once the symptoms have subsided and fever free for more than 24 hours without the help of fever-reducing medicine. If it's one of those regular colds that last long, a doctor's note will also suffice, as long as they are fever free for more than 24 hours without the help of fever-reducing medicine.

*There are other contagious viruses out there, aside from COVID-19, thus even if the child is immuned from getting covid for 90 days, we still want to prevent other contagious diseases.





SICK POLICY DURING A COVID POSITIVE CASE

If your child has not had covid in the last 90 days:

1. Please keep your child home if a household member (who has not had covid in the last 90 days) has one of these symptoms:
 - Fever of 100.44°F or 38°C or higher
 - Cough
 - Runny nose that is not clear.
 - More than 1 diarrhea
2. Please keep your child home if a household member (who has not had covid in the last 90 days) has two or more of these symptoms:
 - Chills
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle pain or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Other signs of new illness that are unrelated to a preexisting condition (such as seasonal allergies)

*Child is allowed back to school if the household member who is sick tests negative for covid.

If your child has had covid in the last 90 days:

1. You can bring your child to school even if there is a household member who is sick, as long as your child does not have any symptoms outlined in the Health Policy.



AIR TRAVEL POLICY

Regardless of vaccination status, please take a PCR test or an antigen test before coming to school if experiencing ANY symptoms. If you have tested positive within 90 days, you do not need to do anything.

If you are experiencing symptoms please follow the Health Policy.

PREVENTIVE MEASURES

Drop Off/ Pick-Up

1. You will be allowed to drop off and pick up inside the classroom with or without being masked.
 - a. Cubby areas ONLY unless invited by the teachers for a quick visit in the classroom.
2. Drop off and pick up will still be on the porch/entryway if you do not feel comfortable coming in.
3. Shoes and jackets will be removed and stored in their cubbies.
4. Children's hands will be washed as soon as they come in. Please assist your child before bringing into the play area.
5. Please respect the different comfort levels of everyone at school, in terms of distancing and masking.

Mask Policy

Teachers and parents will have the option to wear a mask.

****If** you would like to have your child wear a mask throughout the day, please notify the teachers at drop off. We will then monitor and encourage the child to wear their mask.

Ventilation

We have a HEPA filter air purifier per classroom to help with air ventilation.

Outside Times

Outside time will be extended depending on weather conditions.

Constant Hand Washing

Being diligent in handwashing at home and in school.



TEACHERS

All teachers are required to be fully vaccinated and has an option to wear their masks.

Please do understand that teachers also get exposed and get sick, even with these preventive measures. There might be times when we will have to limit capacity, shorten hours or close but we hope it does not happen.

TUITION POLICY

Our tuition system pays for the spot and not for attendance. Unfortunately, there are things that we cannot control (i.e., virus, weather, etc). Please know that we pay our teachers during these times and that all of our major expenses do not change when we are closed. Thank you for your support and understanding.

REPORTING ILLNESS OR COMMUNICABLE DISEASE

As long as the child is enrolled with the program, the Center Director must be notified within 24 hours of any diagnosis of or exposure to a communicable illness, even if the child remains at home.

REPORTING AND NOTIFYING CONDITIONS TO PUBLIC HEALTH WAC 246-110-010

We are required to notify the Department of Health, our licensor, and all families of children in our care within 24 hours in the event a licensee, staff person, volunteer, household member, or child in care is diagnosed with a notifiable condition as defined in chapter WAC 246-110-010(3).

For more information, please see our detailed Health Policy.