# HEALTH AND SAFETY POLICIES & PROCEDURES

## Illness Health Policy

A child should remain at home at home or seek alternate care if he/she is suffering from one or more of the following symptoms and cannot return for a minimum of 10 days after the onset of symptoms AND until symptoms have resolved, whichever is longer:

1. Have a common cold, influenza, or COVID-19 or other infectious respiratory disease.
2. Pain - any complaints of unexplained or undiagnosed pain
3. A cold with fever, runny nose and eyes, coughing and sore throat (with or without green discharge) Lethargy.
4. Difficulty in breathing - wheezing or cough
5. Fever (100ºF / 38 ºC or more) with or without accompanied by general symptoms such as listlessness. This may be an early sign of illness that requires a physician’s attention
6. Sore throat or trouble swallowing
7. Infected skin or eyes or an undiagnosed rash
8. Headache and stiff neck
9. Severe itching of body and scalp
10. Any known or suspected communicable diseases

Unexplained diarrhea or loose stool combined with nausea, vomiting or abdominal cramps (These symptoms may indicate a bacterial or viral (gastrointestinal) infection which is very easily passed from one child to another. The child should be kept home until all symptoms have cleared.

**IF A CHILD IS ASSESSED BY THEIR FAMILY PHYSICIAN OR NURSE PRACTITIONER AND IT IS DETERMINED THAT THEY DO NOT HAVE COVID-19 OR CONTAGIOUS DISEASE, THEY MAY RETURN TO THE CENTRE ONCE SYMPTOMS RESOLVE. If a child returns with symptoms, they will be sent home and not permitted at the facility.**

From Health Link Ear infections:

**Are ear infections contagious?**

No, an ear infection itself is not contagious. However, the cold or illness that led to it could be. So while your child can't catch an ear infection from a friend at day care, he can catch the cold or flu virus that results in an ear infection.

To help prevent this, teach your child proper hygiene, such as washing hands frequently and sneezing or coughing into the crook of his arm or a tissue that is immediately thrown away. Also make sure he's up-to-date on his vaccinations.

If your child already has an ear infection, **he can go back to school or day care after his fever clears up and he's no longer in pain**