

## Is Your Child Well Enough to Attend Daycare?

### Health Information

It is not always easy to decide if your child is sick enough to stay home or well enough to be in daycare. Children who come to daycare are expected, with few exceptions, to participate fully in daycare activities.

Here are some guidelines for parents and providers to help in decision-making regarding keeping a child home or sending a child home:

#### Parents: Keeping a Child Home

- 1) **Fever:** A fever of 100° or more signals an illness that is probably going to make a child uncomfortable and unable to function well in a daycare setting. Your child should stay home until he/she is feeling better.
- 2) **Vomiting, Diarrhea or Severe Nausea:** These are symptoms that require a child to remain at home until a normal diet is tolerated the night before and the next morning.
- 3) **Infectious Diseases:** Diseases such as impetigo, pink eye with thick drainage, and strep throat require a doctor's examination and prescription for medication. Children may not return to daycare until a doctor has been contacted, medication has been started and the child is feeling better. **\*\*Children with chicken pox may return to daycare when all the scabs are completely dried and no lesions are developing (usually 5-7 days).\*\***
- 4) **Rashes:** Rashes or patches of broken, itchy skin need to be examined by a doctor if they appear to be spreading or not improving.
- 5) **Injuries:** If a child has an injury that causes continuous discomfort, the child should not attend daycare until a doctor checks the condition or it improves.

#### Providers: Removal of a Child from Daycare

- 1) **Fever:** Fever is defined as having a temperature of 100° F or higher taken under the arm, 101° F if taken orally, or 102° F taken rectally. For children 4 months or younger, the lower rectal temperature of 101° is considered a fever threshold.
- 2) **Diarrhea:** runny, watery, or bloody stools.
- 3) **Vomiting:** 2 or more times in a 24-hour period.
- 4) **Body Rash with Fever or Sore Throat with fever and swollen glands.**
- 5) **Severe Coughing:** child gets red or blue in the face or makes high-pitched whooping sound after coughing.
- 6) **Eye Discharge:** thick mucus or puss draining from the eye, or pink eye.
- 7) **Yellowish skin or eyes.**
- 8) **Child is irritable, continuously crying, or requires more attention than you can provide without compromising the health and safety of other children in your care.**