



ALEPH PRESCHOOL ILLNESS POLICY

Updated April 2024

Dear Parents,

The Department of Human Services requires that we exclude a child with an illness or condition that the Commissioner of Health determines to be contagious, and a licensed physician determines has not had sufficient treatment to reduce the health risk to others. We will follow the exclusion guidelines listed below which are taken from INFECTIOUS DISEASES IN CHILD CARE SETTINGS; prepared by Hennepin County Community Health Department, Epidemiology Program, and continuing to stay consistent with the latest CDC guidelines/recommendations.

Your child will be excluded from group care if they have any of the following conditions:

- **Respiratory Infections/Viruses (COVID, Flu, RSV included)** ~ until child is without fever for 24 hours, without the use of fever-reducing medication, and is well enough to fully participate in normal activities. No exclusion for other mild respiratory infections without fever if child can fully participate in normal activities.
 - Aleph Preschool will continue to notify families of exposure to allow them the opportunity to make personal choices about measures they choose for their child(ren).
 - <https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>
- **Diarrhea** ~ until diarrhea has stopped, meaning 24 hours without diarrhea and solid BM. For some infections, the person treated must also be treated with antibiotics before returning to childcare.
 - Three or more abnormally loose stools since admission that day or two loose stools that cannot be contained within undergarments. Exclusion from school due to diarrhea is left up to the discretion of teachers and/or management based on mood, other symptoms, viruses around school, etc.
- **Vomiting** ~ children will be sent home after they vomit once, and they may return to school 24 hours after the last incident.
- **Fever** ~ temperature measured tympanic membrane (in the ear) of 100°F (37.8°C) or higher or axillary position (under the arm) of 99°F (37.2°C) or higher. Children may return to school after being fever free without the use of fever reducing medication for 24 hours.
- **Conjunctivitis (Pinkeye)** ~ No exclusion unless child has a fever or is not healthy enough to participate in routine activities.
- **Streptococcal Sore Throat** ~ until at least a full 12 hours after treatment begins and child is without fever for 24 hours without the use of fever reducing medication.
- **Undiagnosed Rash (With or Without Fever)** ~ until a medical exam indicates these symptoms are not that of a communicable disease (i.e., chickenpox, fifth disease, hand, foot and mouth, measles, roseola (with fever), rubella, shingles, strep throat).
 - If fever present, fever exclusion must be followed.
- **Signs/Symptoms of Possible Severe Illness** ~ unusually tired, uncontrolled coughing, irritability, persistent crying, difficulty breathing, or wheezing should be evaluated by the child's health care provider to rule out severe illness.
- **Illness** ~ Any child who is unable to participate in childcare program activities with reasonable comfort or who requires more care than the staff can provide, thereby compromising the health and safety of the other children.

These are selected, most common examples. Complete information as well as specific fact sheets for a variety of illnesses can be found at <https://www.hennepin.us/childcaremanual>

If a child becomes ill during the day, they will be kept isolated from the other children. A staff member will remain with the child and make them as comfortable as possible. A parent or authorized individual will be notified and asked to pick up the child **within 30 minutes of the call**.

Contagious Diseases

- Parents are required by state law and school policies to notify the center within 24 hours or after a weekend or holiday if their child contracts a communicable illness.
- Communicable illnesses will be reported to all parents the same day the information is received.
- All families in the affected classroom, and classrooms that regularly combine with the affected classroom, will be notified by email when a communicable illness is present. We will never share the identity of a child with a communicable illness.
- We are also required to report some illnesses/diseases to the Public Health Department.

We recommend you keep your child home if:

- Child has a cold that is fewer than 3 days old.
- Child has a heavy nasal discharge not related to an allergy.
- Child has a constant cough not related to an allergy.
- Child is fussy, cranky, and generally not them self. Child may be coming down with something.
- Child is extremely tired or lethargic. Rest at such times may prevent the development of a more serious illness.
- Child has symptoms of a possible communicable disease, i.e., reddened, or glazed eyes or discharge from eyes, sore throat, headache, abdominal pain, or fever.

Your child may return to school if:

- Child is fever free for an entire 24-hour period without fever reducing medications.
- Child's cold is almost over with minor nasal drip.
- Child has been exposed to a communicable disease and Aleph Preschool has been notified.

Injury or Surgery ~ Children returning to school after an injury that requires medical care or surgery must have a written note from their doctor listing any restrictions or stating that they have no restrictions.

Medication:

- If your child is on medication at home, please let us know, in case it causes any unusual reactions.
- If medication is needed during the school day, please bring it to the office and we will have you fill out the medication permission form.
 - Prescription medication must have the original prescription label with the child's name and dosage instructions.
 - Over-the-counter medications must be labeled with first and last name.
 - The medication must be current (not expired) and parent/guardian must provide whatever is needed to accurately measure and dispense medication.