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|  |  | Common illness protocol |  |  |  |
| Illness | Contagious | Days out | To post | Exclusion | Page/ Notes |
| Cellulitis/ MRSA | when open | Until resolved | no | yes | Doc’s note to return |
| Chickenpox | 14-16 days | 14-16 days | yes | yes | Blisters are dry and crusted over |
| Croup | 2-6 days | 7 days contagious | no | no | Doc's note to return |
| Diarrhea | possible | 2 school days after symptoms end | no (unless widespread) | yes | only if more than 2 in 1 hour |
| Fever | possible | 1 school days after fever breaks | no | yes | 101 or higher |
| Fifth Disease | 4-14 days | fever free for 2 school days without fever reducing meds. | no | no | May attend after rash appears |
| Hand Foot and Mouth | 3 to 6 days | fever free for 2 school days without fever reducing meds. | yes | no | Child must be comfortable and able to participate |
| Influenza | 1-4 days | fever free for 2 school days without fever reducing meds. No fever 2 school days | yes | yes | Doc's note to return and be fever free for 2 full school days |
| Lice | 7-12 days | until no eggs/ no lice | yes | yes | all belongs in classroom sent home |
| Pinkeye (Conjunctivitis) | needs med | Doctors note | yes | yes | Doc’s note to return |
| Pneumonia | vary | Doctors note | no | no | Doc's note to return |
| RSV | 2-8 or 4-6 | fever free for 2 school days without fever reducing meds. No fever 2 school days | yes | no | Doc's note to return |
| Ringworm | 1-3 weeks | may return after 3 days of meds or is covered up | no | no\* | Doc's note to return |
| Roseola | 9-10 days | fever free for 2 school days without fever reducing meds. No fever 2 school days | no | no | Doc's note to return |
| Strep throat | 2-5 days | 2 does of meds | no | yes | Doc's note to return |
| Thrush | unknown | none | no | no |  |
| Common Cold | 2-14 days | If child cannot participate normally/ do activities | no | no | Due to covid, children may need to be seen by a medical professional |
| Vomiting | unknown | 2 school days after last vomit | no\* (unless widespread) | yes | 1 vomit send home |
| Whooping Cough | 5-21 days, usually 7-10 | docs note | yes | yes | Doc’s note to return |

**Medical Illness’s**

**Symptoms of illness**

- An oral temperature of 101 degrees or higher, scanned temp of 101 or an under the arm temperature of 100.0 degrees alone or higher combined with any of the following:

- Diarrhea - Rash - Ear ache - Sore throat - Vomiting

When a child exhibits symptoms of illness as listed, childcare personnel shall contact the child’s parents and inform them of the need to remove their child from the program. Children must be picked up within one hour.

**Physicals and Immunizations** A written record of a health screening or physical examination must be updated yearly. Children may not start childcare without an updated physical, immunizations, and school clearance form. Immunizations are required to attend Tippy Toes. We use the immunization tracking form to ensure all students are properly immunized. If a child misses an immunization, we will require a note from your child’s physician stating when the immunization will be received.

### Illnesses

Childcare personnel shall observe each child each day upon arrival and throughout the day for injuries and symptoms of illness which:

* Impair or prohibit the child’s participation in regular childcare activities
* Require more care than childcare personnel can provide without compromising the health and safety of the ill, or injured child, or other children in our care

**Symptoms of illness** the symptoms of illness shall include, but not limited to, the following:

- More than one episode of vomiting in one day - More than one episode of diarrhea in one day - Uncontrolled couching or wheezing - Unusual or extreme fatigue or lethargy - Skin lesions which have not been diagnosed or treated by a licensed health care practitioner

**COVID**  Students who are suspected to have coivd are required to have a rapid test within 2-hours of leaving the center. A PRC test must be performed before returning. Anyone within the house with a positive COVID will require your child to be home for 10-days after 5-days of being positive from the house member. The child must receive a PCR test on day 8 for the child to return. Any child who tests positive will result in being excluded from care for 10-days.

Tippy Toes follows all state regulations as listed. It is our responsibility to ensure that all students and staff are health and safe. The state regulations are a minimum guideline. The state encourages centers to develop and maintain higher standards then listed. Please see the additional health requirements on the following pages. We reserve the right to adjust these policies as see fit to any outbreaks of illness.

### Feeding Of Students

**Breast Milk**

Breast milk must be used immediately or stored in a fridge for no longer than 72 hours. Bottles MUST BE labeled “used” and placed in the fridge to be returned home each night. We are unable to offer a baby a bottle that has been out for more than one hour. Bottles MUST BE labeled and dated with the child’s name breast milk was placed in the bottle

Frozen breast milk can be stored with the child’s name and the date it was pumped. We can store breast milk up to 6-months in our freezer.

**Formula**

We are unable to reuse bottles. Please bring enough bottles for every feeding including one extra.

Pre-made bottles will be allowed to stay in our fridge for up to 24 hours. Bottles must be labeled with the child’s name and date the bottle was made. Teachers will be happy to make your child’s bottle. Please provide formula and water. If water is not provided, tap water will be used. Formula made bottles will be discarded after one hour.

We are unable to reuse bottles without them being cleaned and sanitized by the parent.

**Meals**

Milk is offered to students at lunch time. We provide snack in the AM and PM. Lunches may NOT be placed in our fridges. Please ensure your child has an ice pack. Students should bring in a lunch daily. Fridays are pizza days. You can pay 3.00 for your child to have pizza. Lunches may be headed up for no more than 30 seconds (no Easy Mac). Children under 3 years of age may not have the following:

* Spoonsful of peanut butter
* Whole or rounds of hot dogs/ sausage/ cheese sticks (please cut into 4’s)
* Whole grapes (cut the long way into 4’s)
* Hard candy and chewing gum
* Raw carrot rounds, peas or celery
* Chips or hard pretzels
* Marshmallows
* Nuts or seeds

**Medication**

Prescription medication requires parent consents and will be stored in the office in a locked box. All prescription medication must be kept in the original container with the original prescription label. All unused medication will be given back to parent. Students cannot receive the first does of medication at childcare. Non- prescription medication requires a doctor’s note and parent consent. Medication will be used as directed by the child’s doctor and by the directions listed on the bottle/ box. Unused medication would be handed back to the parent to be discarded.

**Diaper Changes and Bathrooms**

2-changes of clothing are required for all students. Infants are suggested to bring more. Students in diapers will be changed every 2 hours or sooner if needed. BM’s will be changed right away. Students who use diaper creams must have written parental consent. Diaper creams will not be used on open skin. Students who are potty trained will have access to the bathroom whenever needed. Parents must provide diapers and wipes. A fee will be charged for forgetting to provide these items.