

## **Health and Well Being Policy**

High quality early education and child-care for young children improves their health and promotes their development and learning. We will do our best to maintain good health by providing an appropriate and safe environment, balanced and nutritious snacks, rest, and physical exercise. The best protection from disease is prevention. You can help prevent many illnesses by making sure your child receives 1) immunizations and by 2) making sure your child washes his or her hands often, particularly when coming in contact with bodily fluids, as all bodily fluids are treated as potentially infectious (known as ‘*routine infection control practices*’, see attached.)

### **1.0 Sick Policy**

#### **“When Your Child Should Stay Home from the Childcare Centre”**

Good health and safety practices are at the heart of our quality program for children. Unfortunately, children are particularly vulnerable to injuries, illnesses, and communicable diseases. When children work and play together in groups, this environment provides an opportunity for the spread of a number of common childhood diseases that can be passed on from one child to the next. It is important that these diseases or illnesses be 1) prevented (immunization) or, 2) if they do occur that they are recognized quickly and steps taken to stop them from spreading (exclusion from the childcare centre and/or routine infection control practices)<sup>1</sup>.

While Acorn staff are certainly aware of and sensitive to the stress that a child’s illness may cause, Acorn is NOT LICENSED to care for children when they are sick and/or unable to participate comfortably in routine indoor and outdoor activities. If the staff has assessed this to be the case, the child must be picked up immediately.

#### **Generally, parents are asked to keep their child at home if:**

- 1.01** If the child has a communicable disease that prevents the child from participating comfortably in routine indoor and outdoor activities.
- 1.02** If the child has an illness that causes them to need more care than can be given without impacting the health, well being and safety of the other children.
- 1.03** If the child has sustained an injury that would prevent comfortable participation in routine indoor and outdoor activities.
- 1.04** If the child, in general, is not able to participate comfortably in routine indoor and outdoor activities.

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<sup>1</sup> BC Ministry of Health: A quick guide to common childhood diseases available at:  
<http://www.hlth.gov.bc.ca/prevent/phn.html>

## 2.0 Health Emergency Procedure

In the event of serious injury or illness to your child, you will be telephoned immediately. If necessary, your alternate contact person and/or family physician will be called. If it is an emergency, we will call an ambulance (where possible, a teacher would accompany the child) and go directly to BC Children's Hospital Emergency Department (29th & Oak). We ask that you meet us there immediately. Every effort will be made to keep the child comfortable and rested. Parents are required to sign a consent form to allow us to take a child to the hospital as well as payment of an ambulance. It is for this reason that we recommend you inform your family physician of your child's attendance at the childcare centre – just in case we need to contact the physician's office.

## 3.0 Parent Cooperation

We require your cooperation with the following health related matters:

- 3.01 It is important that all children receive all the vaccines ("shots") recommended in the childhood immunization schedule, before attending the childcare centre. In the case of an outbreak of a vaccine preventable disease, un-immunized children may be excluded from the childcare centre.
- 3.02 If you think that your child has an illness that can be spread to others, please keep him or her home from the childcare centre. If you are questioning whether to send your child to the childcare centre, your child should probably stay at home. You can always tell us about the symptoms and we can assist you in making this decision.
- 3.03 Should your child contract a **communicable disease**, i.e., an infection, caused by a **germ that is spread from person to person or from the environment to a person**, you **must notify the centre** so that other parents may be informed where necessary.
- 3.04 A child will not be admitted to the centre if there is any question of illness (**Please see next section – 'When Your Child Should Stay Home from the Childcare Centre'** for specific situations that will necessitate the exclusion of your child from the childcare centre).  
Generally, your child needs to be able to participate comfortably in routine activities, both indoor and outdoor. When both parents work outside the home plan ahead by making other arrangements for someone to care for your child when he or she is sick, and thus not able to attend the childcare centre.
- 3.05 If, as assessed by the staff and based on our health and well being guidelines, your child becomes sick and/or unable to participate comfortably in routine indoor and outdoor activities, it is expected that you (parent) or your emergency contact person will

immediately come and pick up your child. This decision rests with the staff and is not negotiable.

**3.06** For your child to return to the childcare centre after having had a communicable disease a) a written doctor's note is required and this note must indicate that your child is medically able to return to the childcare centre, and b) your child must be able to participate comfortably in routine indoor and outdoor activities. Inform us of your child's return PRIOR to coming to the childcare centre so we are able to ensure that it is appropriate to do so.

**3.07** If you have given your child any medication prior to coming to the childcare centre, in the last 12 hours and particularly in the morning, please advise the childcare staff of the reason and the dose (e.g., Vicks, cold/flu).

**3.08** Only **prescribed medications** will be administered to your child by the child care staff. All prescribed medications must be in the original container from the pharmacy indicating the child's name and dosing information. If the child care staff is required to administer a 'prescribed' medication to your child.

**3.09** If necessary, your child may be administered a non-prescription medication provided the medication form has been filled out by a physician.

**References:** An informative resource concerning common childhood communicable diseases entitled *Sneezes and Diseases* can be found at: <http://www.vch.ca/sneezesdiseases/> The Vancouver Coastal Health Authority works closely with us and visits the childcare centre regularly. They would be happy to meet with you if you have any questions or concerns you would like to discuss.

## **4.0 The Specifics - "When Your Child Should Stay at Home"**

Parents are asked to keep their child at home, or the child will be sent home, if any of the following, but not limited to, situations occur:

**4.01 Cold and Influenza** - Please know the difference between a cold and the flu.

**4.01a Influenza or 'Flu'** – is a vaccine-preventable disease. Influenza vaccine is provided free to children aged 6-23 months, in BC. The vaccine is also recommended yearly, but is not provided free, for healthy people 2 to 64 years of age. It is much safer to get the influenza vaccine than to get influenza.

### **Symptoms: Flu**

- Fever / chills
- Cough / sneezing

- Sore throat
- Headache
- Feeling tired / body aches
- Runny or stuffy nose

**When to stay home with the Flu:**

- Flu is a serious illness, and children who have the flu should always stay home from the childcare center. Allow your child to get plenty of rest. Keep your child at home for the first few days of illness to rest and to prevent spread to others. Influenza or flu is caused by a virus. Adults with the flu can spread the virus to others for 3-5 days after symptoms begin. Children with the flu can spread the virus to others for up to 7 days. The "flu season" usually starts in November or December and ends in April or May. Occasionally the flu might lead to pneumonia.

**4.01b Cold - The 'common cold'** is caused by viruses that infect the nose, throat and sinuses. A virus is a germ that makes people sick. Young children will get lots of colds; some as many as 8 to 10 each year before they turn 2 years old. Colds tend to be more common in fall and winter when children are indoors and in closer contact with each other, so it may seem like your child has one cold after another all winter long, particularly if this is your child's first large group exposure. Young children have more colds than older children and adults because they haven't built up immunity (defenses) to the more than 100 different cold viruses that are around.

**Symptoms: Cold**

- Runny nose, sore throat, sneezing, cough and, at the beginning, headache, fever and watery eyes.
- Fluid from the nose is clear at first but turns thick yellow or green within 2 - 3 days.
- Children might have a cough, which is worse at night.
- A cold usually lasts for 4 - 7 days. It might take as long as three weeks to fully recover

**When to stay home with a cold:**

- If your child has a cold, the decision to keep him or her at home will depend on the severity of the symptoms. If cold symptoms are 'severe', keep your child at home to rest and get better, rather than spread the cold to other children. Severe symptoms that would necessitate that your child stays home include: **fever or thick yellow nasal discharge or excessive clear nasal discharge or persistent sneezing and hacking cough that produces phlegm or sore throat.**

Parents should keep their child sick with the flu or a bad cold at home until they have been without fever for 24 hours and all major 'severe' symptoms have subsided. Research has shown that people with the flu may be able to infect others one day before symptoms occur and up to 5 days after getting sick.

**4.02 Fever**

- A child with a fever of 37.5°C (99.5°F) by mouth **or** 37.3°C (99.1°F) by armpit **or** 38°C (100.4°F) by ear. The child may return to the childcare centre when the fever is gone, unaided by medication, e.g. Tylenol.

- A child with a fever with **rash**, behaviour change, ear ache, vomiting, confusion, irritability, or sore throat should be kept at home and a visit to the doctor/clinic is recommended.

#### **4.03 Vomiting**

- If your child has thrown up 2 or more times in the past 24 hours, keep him or her home the next day. A child who has 1 or more bouts of vomiting while at the childcare centre will be sent home. No vomiting for 24 hours is required for the child to return.

#### **4.04 Diarrhea**

- If your child has had 2 or more loose stools in 24 hours, keep him or her home the next day, or if the diarrhea continues after the child completes antibiotics for a diarrhea related illness. A child who has 1 or more bouts of diarrhea while at the childcare centre will be sent home. No diarrhea for 24 hours is required for the child to return.

#### **4.05 Vomiting & Diarrhea (Norovirus)**

- Children who are sick with vomiting and diarrhea should stay at home until 2 days after their symptoms go away. Even when diarrhea and vomiting have stopped, the virus can still be in the bowel movements.

#### **4.06 Pink-eye/Conjunctivitis (medical note required for return)**

- Symptoms that would necessitate your child staying at home include: red or pink eyes, and eye pain and reddened eyelids, with white or yellow eye discharge or eyelids matted after sleep (stuck together). The child should not be at the childcare centre until they have been examined by a doctor and possibly treated. The child must be on antibiotic cream or drops for 24 hours, and the symptoms (discharge & pain) get better before returning to the childcare centre.

#### **4.07 Rash (medical note required for return)**

- If a child has a rapidly spreading rash or a rash with a fever or behaviour change the child is asked to be kept at home or will be sent home and a doctor visit is necessary.
- **Skin infections (Impetigo - Staph or Strep or MRSA) –**
  - **Draining sore** - a child with draining lesions that cannot be covered, or with sores that ooze through and soak dressings, should remain at home until the drainage stops AND the child has been on antibiotics for 24 hours.
  - **Not Draining sore** - If a child has sores that are NOT DRAINING he or she should remain home until the sores are showing signs of healing (getting smaller). If antibiotics are prescribed, they must be taken for 24 hours before returning to the childcare centre.

#### **4.08 Whooping Cough/Pertussis (medical note required for return)**

- Children with whooping cough should not return to the childcare centre until 5 days after they begin treatment with antibiotics and only when they are well enough to participate comfortably in routine activities.

#### **4.09 Other Common Childhood Communicable Diseases (infection or infestation)**

- **4.09a Mumps (medical note required for return)** – a child with mumps should not return to the childcare centre until 9 days after their glands begin to swell (onset of swelling) and only if they are well enough to comfortably take part in routine activities (indoor & outdoor).
- **4.09b Chicken Pox/Varicella** - the child may return to the childcare centre once all the sores and blisters are dried/scabbed over.
- **4.09c Hand/Foot/Mouth Disease (medical note required for return)** – a child with hand foot mouth disease may attend the childcare centre if they are well enough to comfortably participate in routine activities (indoor & outdoor) AND if fever and sore throat have gone. Good hand washing hygiene is a necessity.
- **4.09d Cold Sores (Herpes virus) (medical note required for return)**– children with sores inside their mouth who also drool should stay at home until their health care provider says that the sores are no longer contagious. Children with sores outside of their mouths do not need to stay at home.
- **4.09e “Strep Throat” (medical note required for return)**– a child with ‘strep throat’ may return to the childcare centre 24 hours after antibiotics have started and are well enough to participate comfortably in routine indoor and outdoor activities.. If left untreated, the communicable period can be several weeks or months.
- **4.09f German Measles/Rubella (medical note required for return)** – keep your child at home for 7 days after onset of rash.
- **4.09g Red Measles/Rubeola (medical note required for return)** – keep your child at home for 4 days after the rash appears and may return after 4 days if fever is gone and the child is well enough to participate comfortably in routine indoor and outdoor activities.
- **4.09h Head Lice** – child with head lice will be sent home immediately as soon as head lice are discovered. Your child may return to the child care centre after first treatment with lice shampoo and nit removal and your child has a ‘nit and live lice free head.’ All children will need to be checked. Wash clothes & linens in hot water or dry clean. Re-treat your child in 7-10 days.
- **4.09i Ringworm** – children with ringworm must remain out of the childcare centre until they have begun treatment with a prescription oral or topical antifungal medication (or as prescribed by your physician).
- **4.09j Scabies** – children who have scabies should remain out of the childcare centre until 24 hours after treatment has begun.

The above are only a few examples of what may arise in a childcare centre. Each case will be dealt with on an individual basis with consideration of the needs of the child, the family, the childcare centre and the other children in mind.

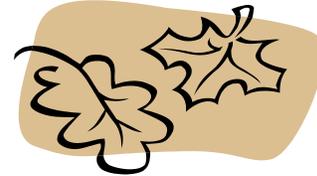
#### **Summary:**

- 1) If your child is not able to participate comfortably in routine activities, both indoor and

outdoor, keep your child at home so that he or she is able to rest and get well. If your child should not, or you do not want your child to be exposed to rain, cool/cold weather, outdoor activities, then he or she should not be at the childcare centre until they are able to do so.

- 2) If, as assessed by the staff and based on our health and well being guidelines, your child becomes sick and/or unable to participate comfortably in routine indoor and outdoor activities, it is expected that you (parent) or your emergency contact person will immediately come and pick up your child. **This decision rests with the staff and is not negotiable.**
- 3) Contact the childcare centre prior to your child returning if they have been ill to ensure that it is appropriate for your child to return to the childcare centre.
- 4) Parents need to be prepared for the likelihood that their child will become ill throughout the year. Please ensure you plan ahead by making other arrangements for someone to care for your child when he or she is sick and unable to attend the childcare centre.

## 5.0 Facilitating Comfortable Participation in Routine Indoor and Outdoor Activities that Promote Good Health and Well Being



In order for your child to participate comfortably in routine indoor and outdoor activities it is important that your child has the appropriate clothes and supplies which are required to be brought from home. While we try to get outside everyday, rain or shine, we cannot always do so if there are staffing constraints or if we think it is not the best for the children. Please understand that if your child is not dressed appropriately they will be unable to go outside and this also impacts the other children.

The following is a list of appropriate seasonal belongings that your *child must have each day* so that he or she is able to participate comfortably in our program.

<b>Winter Checklist</b> – Warm & Waterproof/Snow Clothes	
✓ Winter jacket	✓ Warm hat
✓ Winter boots	✓ Waterproof mitts
✓ Snow Pants	✓ Scarf

<b>Summer Checklist</b> – Sun & Water (donate 1 bottle Ombrelle SPF 30)	
✓ Sunscreen – every morning before drop off; we apply in afternoon	✓ Labeled water bottle
✓ Sunhat – everyday!	✓ t-shirt
✓ Running Shoes – sandals, thongs, crocs NOT appropriate outdoors	✓ shorts
✓ Picnic lunches – impromptu picnics; prepare lunches that won't spoil if not refrigerated or use an ice pack in a thermal lunch box & that are easy to prepare	

<b>Fall &amp; Spring Checklist</b> – Cool & Rainy; Cool & Sunny	
✓ rain jacket and/or warm jacket/fleece	✓ runners
✓ rain boots	✓ sunhat
✓ rain hat	✓ layered clothing

<b>Year Round</b> – Clothing & Shoes & Supplies	
✓ seasonal change of clothes for cubby	✓ slipper/indoor shoes
✓ labeled backpack	✓ thermos for warm lunch
✓ labeled lunch box (with ice pack to keep lunch cold)	✓

Appendix A – Vancouver Coastal Health *Routine Infection Control Practices*  
Reference: *Sneezes & Diseases*

## Routine Infection Control Practices

We cannot always tell when someone has an infection. Some people may be infected with a germ and not appear sick. But they may still be able to pass the germ on to others. For this reason, we should use routine infection control practices with everyone, whether they appear sick or not. Routine infection control practices help to reduce the chances of an infection spreading from one person to another.

### 1 Wash your hands.

Hand washing is the best way to prevent the spread of infection. Proper hand washing reduces the spread of colds and influenza by as much as 40 percent! (See: How to Wash Your Hands, page 9)

### 2 Use disposable gloves

when handling blood or body fluids, when cleaning cuts or scrapes or when changing a child's diaper.

### 3 Cover your mouth and nose with a tissue when you cough or sneeze.

If a tissue is not handy, cough or sneeze into your sleeve, not your hand. (See: Cough & Sneeze Etiquette, page 10)

### 4 Clean and sanitize diaper change areas between uses.

### 6 Do not share personal items

such as hairbrushes, toothbrushes, towels, facecloths, sippy cups or hats.

### 7 Wash laundry using detergent and warm water.

Soiled clothing can be put into a plastic bag. Tie the bag closed. Send the clothes home to be washed.

### 5 Keep toilets visibly clean.

### 8 During disease outbreaks, follow the guidance of public health

about additional steps to take to control the spread of disease.

### 9 If possible, separate sick children from well children.

### 10 In the child care setting, clean and sanitize

according to the guidelines on page 12.

**Consent to Administer Prescribed Medication at  
Acorn 8 Oaks Daycare Centre**

Name of Child: \_\_\_\_\_ Birth Date: \_\_\_\_\_

I hereby give my permission to the staff at Acorn 8 Oaks Daycare Centre to administer:

\_\_\_\_\_  
(Name of medication)

\_\_\_\_\_  
(Prescription number)

to my child \_\_\_\_\_ according to the doctor's orders and instructions.

**The original container provided by the pharmacy is needed so that the medication order and instructions for administration appear on the bottle/vial that is left at the daycare centre.**

**Medication Allergies - YES or NO; if yes, name of drug** \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent or Guardian

**Medication Record**

Name of child: \_\_\_\_\_ Physician: \_\_\_\_\_

Name of medication: \_\_\_\_\_

Date Commenced: \_\_\_\_\_  
Day/month/year

Date to be Stopped: \_\_\_\_\_  
Day/month/year

Date	Time	Dosage	Comments	Staff Signature

**\*\*NOTE: One form is needed for each prescription**

**Completed form will be kept in child's file**