



How Sick is too Sick?

Please keep your child at home if he/she has:

- Severe cold and fever, sneezing, nose drainage, and coughing.
- Temperature of 37.4 degrees Celsius in the morning.
- Conjunctivitis - an eye infection commonly referred to as "pink-eye." The eye is generally red with some burning and yellowish discharge.
- Bronchitis. This can begin with hoarseness, cough, and a slight elevation in temperature. The cough may be dry and painful, but it gradually becomes productive.
- Rashes that you cannot identify or that have not been diagnosed by a physician or is rapidly spreading.
- Impetigo. Begins as red pimples on the skin, which eventually become small vesicle surrounded by a reddened area. When the blister breaks, the surface is raw and weeping. The lesions occur in moist areas of the body, such as: creases of the neck, groin, and under the arm.
- Diarrhea including but not limited to Norovirus- watery or dark bowel movements that look different and are much more frequent than normal as well as a different smell
- Vomiting
- If your child becomes sick without obvious symptoms. In this case, your child may look or act different. There may be an unusual paleness, swelling, tiredness, irritability, or lack of interest.
- With a contagious disease, your child must be kept home and the school notified. All parents will be notified once a serious contagious disease is reported. Your child's name will not be included in the notification. Your child may return to school with a note from his/her physician. Illnesses included but not limited to: Measles, mumps, roseola, rubella, chicken pox, conjunctivitis, hair lice, Norovirus and Covid.
- If a doctor diagnoses an ear or throat infection, as an example, and your child is prescribed an antibiotic, your child may not be brought to the school until he/she has been on the medication for at least 24 hours and has a temperature below 37.4 degrees Celsius.

Please call or message the school with a description. Parents are asked to call or message the school at 080-5744384 by 8:15 am should your child not be able to attend. THE ABOVE COMPLIES WITH EARLY EDUCATION AND CARE REGULATIONS.

When will we call you to pick up your child?

If your child is sick the night before (e.g. diarrhea/vomiting/fever) and seem to be better in the morning, please inform the teacher in the morning or message the school and tell us what your child's symptoms were. This way we can continue to monitor your child during the school day.

Temporary Exclusion List

We will ask you to pick up your child immediately if the following applies:

- a. The illness prevents your child from participating comfortably in activities.
- b. The illness results in a need for care that is greater than the staff can provide without compromising the health and safety of other children.
- c. Poses a risk of spread of harmful diseases to others (eg. Covid, Norovirus, Conjunctivitis, Hair lice)
- d. A severely ill appearance- this could include lethargy/lack of responsiveness, pale complexion, irritability, persistent crying, difficulty breathing, or having a quickly spreading rash.
- e. Fever 37.4°C with a behavior change or other signs and symptoms (eg. Sore throat, rash, vomiting, diarrhea) If a child has been in a very hot environment and heatstroke is suspected, a higher temperature is more serious and requires immediate medical attention.
- f. Diarrhea is defined by stools that are more frequent or less formed than usual for your child and not associated with changes in diet. In addition, children with diarrhea are asked to return home if stool frequency exceeds 2 stools more than typical for your child during the time in the school or if stools contain blood or mucus.

Always notify the school if your child is diagnosed with any communicable disease/illness (i.e. Chicken Pox, Measles, Strep, Hand-Foot-Mouth, Rotavirus, Norovirus, RSV, etc.)

*We will not mention your child's name to other parents when notifications are sent