

# SICK CHILD POLICY

*You must include a strict sick child policy in your daycare handbook so parents' responsibilities are clear. Here are some template policies you can include in your document. Feel free to adjust the text and policies to your liking.*

## DAYCARE FEVER POLICY

A fever indicates the body is fighting off an illness. Any child with a fever over 100 degrees should not attend daycare. **Signs of a fever include:**

- Rosy cheeks
- Watery eyes
- Rash
- Hot to the touch

Children can return to daycare after being free of a fever for 24 hours without medication.

## VOMITING POLICY

If a child has vomited in the past 24 hours, they should stay home from daycare. **They can return to daycare once they are symptom-free and haven't vomited for 24 hours.** The child should be able to complete normal activities before returning to daycare.

## DIARRHEA POLICY

While diarrhea can be a common symptom with normal developmental milestones, it is most likely an indication of illness. **Children should stay home until they are diarrhea-free for 24 hours.**

## STREP THROAT

Most doctors say to keep children diagnosed with strep throat at home until they have been on medications for 24 hours. While this is a good policy, it's also important to consider how the child feels. If they are lethargic, grumpy and acting like they feel miserable, they need to stay home.

**A child can return to daycare after being on medications for 24 hours and when they feel better.** Include the phrase "and when they feel better" in your daycare fever policy so you don't have children who can't be consoled in the center.

## MAJOR INJURIES

Children get hurt often and injuries vary from cuts to broken bones. While these situations aren't contagious to other children, they create unique situations. Most children do not want to be around others and want comfort from their parents when they're injured.

**If a child is injured, parents should contact the center to discuss options.**

## RUNNY NOSES

Runny noses are common in children. They can indicate anything from seasonal allergies to infections. **If a child has a runny nose and does not also have these symptoms, they can attend daycare:**

- Fever
- Lethargy
- Irritability
- Yellow, green or red nasal discharge
- Cannot do normal daily activities

## COUGHS

Coughs are a lot like runny noses. They could be caused by a dozen different things. Children need to learn how to cover their coughs before attending daycare. This helps if the condition is contagious and prevents the child from infecting the entire center.

**Before sending a child to daycare with a cough, consider these questions:**

- Has the doctor ruled out serious illness?
- Is the child feeling rough and irritable?
- Are other kids potentially at risk if the child comes to daycare?
- Can the child complete normal daily activities, including playing outdoors?