



SICK POLICIES

Please remember that children share germs. If you have doubts about whether your child should be going to school, then probably he/she should stay home.

If your child is feeling off or out of sorts, is unusually tired or fussy or any symptoms without a simple explanation then please assume he/she is getting sick and allow for rest.

All CHILDREN, PARENTS and SIBLINGS MUST STAY HOME if they have any of the following:

- **First signs of a cold** (like colored or clear nasal discharge) - colds are most contagious right at the beginning. After 3 days of a simple cold okay to return to school.
- **Fever** - safe to return to school after 24 hours with no fever or signs of fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine.
- **Cough** - Wet, wheezy or barking coughs stay home. Dry hacking cough with no other symptoms is okay to be at school
- **Rash or skin infection** - first stages of poison oak, ringworm, head lice, etc.
- **Vomiting and/or diarrhea** - Until 24 hours after it stops. Diarrhea is defined as an increased number of stools compared with a child's normal pattern, along with decreased stool form and/or stools that are watery, bloody, or contain mucus.
- **Any communicable disease** - pink eye/conjunctivitis (until 48 hours after treatment), chicken pox, measles, mumps, rubella, hand/foot/mouth disease, lice, ringworm, pertussis, flu, etc.
- **ALL EXPOSURES TO COMMUNICABLE DISEASES MUST BE REPORTED TO THE TEACHER.**

HYGIENE PRACTICES AT SCHOOL

Consistent hand washing and following disinfection procedures will go a long way in prevention.

See instructions in the classroom for disinfection and cleaning procedures and ask your teacher if you have questions.

Please take the time to **monitor the children's hand washing** and teach them to wash effectively when arriving to the classroom, before they eat, before preparing food, after the bathroom, after a sneeze, etc.

1. Wet hands, turn off water, and apply soap.
2. Rub hands together for 20 seconds (sing Happy Birthday, ABCs, or Twinkle Twinkle) making sure to rub backs of hands and between fingers.
3. Turn water on and rinse hands while continuing to rub together.
4. Dry hands with paper towel.

5. Use paper towel to turn off faucet.