



### Fever

Guidelines for normal temperature range:

Measurement method	Normal temperature range
Mouth	35.5°C to 37.5°C (95.9°F to 99.5°F)
Armpit	34.7°C to 37.3°C (94.5°F to 99.1°F)
Ear	35.8°C to 38°C (96.4°F to 100.4°F)

The teacher will call you to pick up your child, if their temperature is higher than the normal temperature range in this chart, as it would be considered a fever.

Parents are strongly encouraged to keep ill children at home to prevent the spread of illness at the school. A child who is too sick to participate in the program or to play outside is too sick to attend the program.

Please call and let staff know if your child will be absent.

### Illness

A child needs to be free of the following symptoms before returning to the school:

- **Acute Cold:** Contagious with obvious discharge of infected green or reddish brown mucus. Child can return when discharge has subsided.
- **Cough:** 3-5 times per hour, and especially if choking and/or vomiting accompanies the cough. Child may return when coughing has subsided.
- **Sore Throat:** Trouble swallowing.
- **Fever:** 38.3 degrees Celsius (100.4F) or over – may return when fever has remained at 37 degrees Celsius (98.6 F) for 24 hours without the aid of medication.
- **Vomiting:** Child can return after 48 hours of the last bout of sickness.
- **Diarrhea:** Must be symptom free for 48 hours and have one solid bowel movement.
- **Antibiotic:** Can return 24 hours after the antibiotic is first taken as long as criteria above are also met (i.e. coughing is minimal).
- **Infected Skin or Eyes:** A doctor must examine undiagnosed skin irritations, and provide written medical clearance prior to a child's return to program. Conjunctivitis (pink eye) is very contagious and must be treated and the eyes clear before the child may return.
- **Ear Aches and Infections:** Because VCH states that untreated ear infections can lead to hearing loss and are potentially infectious, we require children to see a Doctor for direction and that children stay home for a minimum of 24 hours with or without antibiotic medication. This allows for the child to be monitored and assessed. Children may return when symptoms such as fever and ear tugging have subsided.
- **Lice:** Child may return once they have been treated with an effective lice treatment and all lice and nits have been combed or picked out of hair. Follow up shampooing must be administered to complete treatment.
- **Communicable Diseases:** Communicable diseases such as chicken pox and measles must be reported to staff as soon as they are diagnosed. The duration of the child's treatment and exclusion from child care will depend on the Health Authorities Communicable Disease recommendations – which staff will be able to provide.

This policy is subject to change.