



Green Planet Daycare Illness Wellness Policy

Green Planet Daycare is aware that children play together very closely, so illness is inevitable. There is some precaution that Green Planet Daycare take to minimize the spread of infection and provide a healthy environment for children in the care.

Prevention Measures:

- ◇ **Washing hands:** Before and after meals, after using washroom, coming from outside, touching pets and after changing diapers.
- ◇ **Disinfections:** Spraying all kitchen counters and sinks, bathroom sink, utensils, cutting board, toilet seat with hot water and bleach.

When a Child is too Ill to Attend Childcare:

- Pain-any complaints of unexplained or undiagnosed pain
- A common cold with listlessness, runny nose and watery eyes, coughing and sore throat. Once child's temperature, well-being and energy have returned to normal, the child may no longer be contagious, and may be able to return to the childcare facility even though coughing and runny nose may persist.
- Difficulty in breathing- wheezing or persistent cough.
- Fever (100 degree/ 38°C or more) accompanied by general symptoms such as fatigue or sluggishness may be an early sign of an illness that requires a doctor's attention.
- Sore throat or trouble swallowing.
- Infected skin, eyes, or an undiagnosed rash.
- Headache and stiff neck (seeing a physician is recommended)
- Unexplained diarrhea or loose stool (may or may not be combined with nausea, vomiting or stomach cramps). These symptoms may indicate a bacterial or viral gastrointestinal infection which is very easily passed from one child to another via the fecal-oral-route. The child should be kept home until all symptoms have stopped.

- Nausea and vomiting may be early sign of illness.
- Sever itchiness of dry skin of either the body or the scalp if caused by disease.
- Children with known contagious disease.

X _____
Parent/ Guardian Signature

X _____
Date