

MANAGEMENT OF ILLNESS

POLICY: Children who become ill with excludable symptoms while at the center, will be cared for away from the group until the child is picked up by an authorized adult.

PURPOSE: To ensure every child receives a healthy, safe, and supportive experience.
To protect the health of everyone in the center.
To assist center staff in meeting all children's needs.
To protect the rights of the family and child.

PROCEDURE:

1. If a child appears ill, repeat the daily health check for symptoms.
2. Document the symptoms on the Attendance/Health Check Record.
3. Inform the Director or designee.
4. The Director or designee will notify the parent and inform of guidelines. (i.e., child must leave the center and not return until at least 24 hours after fever is gone and meeting childcare admission criteria.)
5. Reassure the child and use the appropriate care plan below to care for the child.
6. Document the childcare interventions for the ill child.
7. Put a copy in the child's file and send a copy with the parent.

Suggested plan of care while child is in the center until picked up:

1. **Fever**
 - a. Dress child lightly. Excess clothing will cause the temperature to rise.
 - b. Encourage drinking plenty of fluids such as water, diluted juices, or popsicles to prevent dehydration.
 - c. Keep the room comfortably cool.
 - d. Discourage overexertion. ([Stanford Medicine, 2023](#))
 - e. Review and follow Inclusion and Exclusion Guidelines on fever.

2. Vomiting and/or diarrhea

- a. For an infant or young child who is vomiting, keep them lying on their stomach or side as much as possible [Treating Vomiting - HealthyChildren.org](#)
- b. Avoid foods and liquids when vomiting.
- c. If there is no suspicion of the child ingesting poison or unsafe objects, offer small sips of water.
- d. Repeat sips of water if tolerated. Give clear liquids only unless there is a special plan of care from a medical provider.
- e. Report to the parent/legal guardian the child's vomiting and diarrhea info, ex. Number of episodes, color of watery stool, distinctive smell.

3. Respiratory Congestion

- a. [AAP child care exclusion recommendations \(2023\)](#): Any child with respiratory illness symptoms (cough, runny nose, or sore throat) and a fever should not attend their child care program. They can return once their fever associated with these symptoms has been gone for at least 24 hours without the use of [fever-reducing medicine](#).
- b. Offer clear liquids and plenty of rest - follow respiratory etiquette: <https://www.cdc.gov/flu/professionals/infectioncontrol/resphygiene.htm>
- c. Wash hands frequently.
- d. Follow inclusion and exclusion criteria guidelines.