

Health Policy and Illness Policy

Prevention & Hygiene:

“Generally speaking, a person who catches a cold/Virus can be contagious from as early as 14 days before showing symptoms, and for about 10 days after onset of symptoms (see below).”

This time frame is expanded to include Covid contagion periods

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/assumptions.html>

Parents should not bring their child to Preschool for the following conditions:

- Pain – any complaints of unexplained or undiagnosed pain.
- A common cold or flu, with listlessness, runny nose & eyes, coughing, fever, and/or sore throat. Once the child’s temperature, other symptoms, and energy, have returned to normal, and only when the child may no longer be contagious, may he/she be able to return to preschool.

Generally speaking, a person who catches a cold can spread it to others, from one day before symptoms appear, and about five days after the cold symptoms (above) begin. If the symptoms (runny nose & eyes, coughing) are caused by a known allergy (eg: hay fever, asthma) the child is not contagious and does not have to be excluded.

- Difficulty breathing – wheezing or a persistent cough.
- Fever (100 degrees F/38.3 degrees C or more) accompanied by general symptoms such as listlessness or sluggishness may be an early sign of an illness that requires a doctor’s attention.
- Sore throat or trouble swallowing.
- Infected skin or eyes, or an undiagnosed rash.
- Headache and stiff neck (should see physician).
- 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 that 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, for at least 24 hours.
- Nausea and vomiting may be early signs of illness.
- Severe itching, dry skin of either body or scalp, if caused by head lice or scabies.
- Children with known or suspected communicable diseases.
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“Food Safety:

Families are responsible to ensure proper hot and cold keeping of food when sending food to Preschool to prevent illness. If the safe cold range (0-4°C) or hot range (60°C) cannot be maintained in the child’s container/lunch bag, families may approach staff to discuss possible solutions.”

In summary, a child must be kept at home (or will be sent home) when the child:

- Is suffering from one or more of the above symptoms, or
- Is not well enough to take part in the regular programs of the Preschool.
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Ultimately, the care of a child who is ill is the parent's responsibility.

A written record of a child's immunization must be on file. Children's immunization should be up to date. If a child is not immunized, a letter stating that must be provided for the child's file. If a disease outbreak occurs, the non-immunized child will be excluded immediately.

Emergency Consent Cards, with the child's photo (head only), for emergency contacts and contacting the doctor/ambulance, must be on file.

Hygiene to prevent illness is a high priority. Frequent hand washing, and regular washing/cleaning/disinfecting of toys/equipment & linens is practiced regularly, on a daily/weekly/monthly basis.

Managing Illness:

- Parents will be immediately notified when their child becomes ill while at Preschool. Parents may be expected to pick up their child on very short notice.
- Temporary care of an ill child at Preschool will be provided. The child will be given a quiet area, away from the other children, but within supervision of the caregiver, until the parent arrives.
- Before a child who has been ill returns, they must be clear of symptoms and be able to participate in the regular daily program. If the child is receiving antibiotic medication, the child must be on medication for a 24-hour period prior to returning to Preschool.
- Parents are requested to inform the Preschool, within 24 hours of diagnosis of, or exposure to, a serious illness or communicable disease.
- The Preschool must notify the Licensing Officer of a Reportable Communicable Disease. (List of Reportable Communicable Diseases posted on classroom wall, by main door).

Medication Policy

- All medication brought into the preschool must be prescribed by a medical doctor and be in its' original container.
- Parents must fill out and sign the Medication Administration Consent form before leaving any medication with the staff.
- This form must remain at the preschool and if and when medication is administered the preschool staff will record the time and amount given on the form.
- No medications for pain or fever will be given as the child must remain in the care of their parents or guardians for this care.
- Children's and/or Staff medication(s) are to be kept in a secure location out of children's reach, identifiable to staff by a First Aid emblem. Medication

Instructions with allergy and medical condition, along with a recent photograph of child and/or staff will also be posted for quick reference on/in the designated secure location.

Mental Health

The mental health and well-being of the attending children, families and staff educators is of high importance to us and to promoting a healthy and thriving program and community.

- a.) Children's early years and experiences have profound influence on their emotional and mental development. We also acknowledge each child is unique and may learn, grow, and respond in their individual way. We aim to provide a safe, nurturing, and responsive care environment to promote healthy development. Staff may work together with the families to develop a care plan for a child to determine best approaches and practices. (See Guiding and Caring / Care Plan Policy for more info.)
- b.) Families have their own life experiences and challenges which can often take a toll on mental wellness. We also are aware of how Mental Illness may effect a family and their children. In building relationships we actively work to be aware of how those may impact the family and strive to do our best to work together to ensure children and their families are receiving the support they need with us at the Preschool and at home. We also may encourage families to reach out to available resources where applicable.
- c.) Staff educators often care deeply and give so much of themselves to their work and relationships with young children and their families. We encourage staff to connect with one-another, management, support networks and outside services such as counseling (as needed) to foster their mental health wellness. 'Mental Health days' are also supported when needed. This is based on trust and communication between staff and management.

“Building relationships between staff and families are key to establishing trust and strong communication for the betterment of their child's learning and development while at Deer Lake Child Care. However, staff should be mindful of types of relationships with the families and to maintain a high level of professionalism and boundaries to negate biases and to uphold equality and inclusion.”