



HEALTH GUIDELINES

OBJECTIVE:

To preserve and maintain the health and welfare of the children in our care as well as the staff.

PROCEDURE:

- Upon arrival at the Nurturing Nook, parents are expected to assist their child in washing their hands.
- Determining which children are contagious and which are not can be a controversial question. State Requirement says "upon arrival all children will be observed for symptoms of illness". If symptoms occur after the arrival, the child's parents or emergency person authorized to pick up the child will be called. Pick up will be expected within 1 hour. Children will be isolated from the others during that time. Isolation may mean being placed in a crib, coloring in a highchair, or napping away from the other children on a cot.
- **Please be advised that children do go outside at least once per day weather permitting. If your child is well enough to attend school, he/she will need to participate in outside activities.**
- Health and Immunization forms must be updated on a regular basis-every 6 months for children under 2 years old and every 2 years for children older than 2 years old.
- The Nurturing Nook offers vision screening every October through Prevent Blindness-Wisconsin for children 3-5 years old.
- We brush teeth after lunch for all children 1 year and older. We rinse the tooth brushes with mouthwash and air-dry them.
- Staff update their health forms every 2 years.
- If your child has allergies, they must be indicated on the HEALTH HISTORY AND EMERGENCY CARE PLAN and a separate FOOD ALLERGY ACTION PLAN must be filled out, signed by the parents and physician, and accompanied by a photo.
- Fire/Tornado Drills are practiced monthly. Each classroom has designated areas to meet for the drills.

CHILDREN WILL BE SENT HOME IF:

- A child has a green mucus discharge from the nose that cannot be controlled and continues to flow on the toys or other children or adults.
- Discharge or mucus accumulation and/or redness in the eye. Children with discharge from the eye will be sent home until discharge is gone. This does not include blocked tear ducts. Discharge from the eye may mean a cold or have already developed into "PINK EYE". This discharge can be spread and needs to be treated with medication.
- Three diapers or series of diarrhea when lactose intolerance or a reaction from certain medications are not the cause.
- Any peculiar rash (or spots giving the appearance of Scarlet Fever, Roseola, Rubella, Measles, Chicken Pox, or Impetigo).
- Children with Thrush or Coxsackie may attend, contagiousness is with fever prior to blisters. Therefore, children that develop fevers following the presence of Coxsackie in the room will be sent home.
- A child is vomiting. We realize that some children are vomiters and react to certain foods, etc. Caregivers and Center Director are aware of children's individual "physical quirks" and take this into consideration when deciding illness versus wellness.
- A child has a fever of 101 degrees or above. Teething can cause the temperature to rise. If a child's temperature is 100 degrees or above and is accompanied by listless behavior leading the caregiver to believe that an illness rather than teething is present, the child will need to go home. If the temperature is 101 or above with or without additional symptoms, the child will need to go home.

CHILDREN MAY RETURN TO DAY CARE WHEN:

The Nurturing Nook STRONGLY RECOMMENDS that a child remains home 24 hours after being sent home from the center before s/he may return to the center. If the child returns to the center and has a relapse causing the child to be sent home a second day in a row, the child may not return to the center for a full 24 hours unless he is seen by the doctor and has a doctor's release. In the past, children have been sent home with fevers, irritable behavior, and green runny noses, only to return the next morning after a night's rest feeling fine. By 10:00 a.m. the child is again running a fever, feeling irritable, etc. either because they were not strong enough to return or they are carrying an infection or bug of some sort within their system.

ADMINISTERING MEDICATIONS:

- It is a State Requirement that if a childcare center administers medication, prescription medication must be in the original prescription container with the child's name, dosage, and time to be given printed on it. Ask your doctor or pharmacist for a second container when ordering medications, to keep a bottle at home and one at the center. This will be the only way we will administer prescription medication.
- A signed and dated authorization to administer medication form must be completed by the parents with the appropriate times, dosage and dates to be given in order for The Nurturing Nook to dispense prescribed medication. Writing on the daily notes or on a scrap of paper is not acceptable.
- All medications left at the center for an extended period of time will be discarded. Medication will not be put in the child's cubby. It is the parent's responsibility to retrieve medication from the medication container kept in the refrigerator or kitchen cabinet or from your child's teacher.
- Non-prescriptive medications, such as Tylenol, require an authorization to administer medication form prior to dispensing. We cannot take verbal authorization over the phone.

PARENTS WILL BE NOTIFIED BY PHONE, but not required to pick up their child if:

- The child has a low-grade fever of (100.9 or below).
- The child has a second diarrhea.
- Mucus accumulation in the eye appears after nap with accumulation not yet re-occurring after being cleaned.
- The child is tugging at their ears.

These are specifically listed to make it more convenient for parents if additional attention from a doctor or specific type of care instructions is needed. This decision is and should be yours, not the caregivers.

MEASURES THAT THE NURTURING NOOK TAKES IN PREVENTING THE SPREAD OF ILLNESS:

- Staff will disinfect diapering areas and potty chairs after each use.
- We have a cleaning service that cleans and disinfects all areas, especially the kitchen and bathrooms.
- Gloves for diapering are used and discarded after each diaper change.
- Hand washing with soap: before and after every diaper change, toileting assistance, wiping noses, after picking up mouthed toys, and food handling. Washing children's hands before and after snack, meals, toileting, and outdoor play.
- Disinfecting toys with State approved sanitizing solution/and or Lysol spray on a nightly basis. Cots, highchairs, cribs, and chairs are disinfecting on an as needed basis.
- Cots and crib bedding is washed weekly and more often as needed.
- Established guidelines and health policies to allow sick staff and children to stay home and recuperate.