



## HEALTH GUIDELINES

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; given activities in a highchair; or resting on a cot, away from the other children.
- **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.
- Teeth are brushed daily for children 1 year and older. Toothbrushes are cleaned with mouthwash and then air-dried.
- 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.

### CHILDREN WILL BE SENT HOME IF THEY HAVE:

- a green mucus discharge from the nose that cannot be controlled and continues to flow on the toys, 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 no longer present. This does not include blocked tear ducts. If your child has a blocked tear duct, that should be indicated on the child's Health History and Intake Forms. Discharge from the eye may indicate a cold or other illness such as conjunctivitis (Pink Eye), which can be spread and may need to be treated with medication.
- three episodes of diarrhea or a 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 Hand Foot Mouth, Scarlet Fever, Roseola, Rubella, Measles, Chicken Pox, or Impetigo.
- a vomiting incident.
- a fever of 100.4°F or above. If a child's temperature is 100°F or above and is accompanied by listless behavior leading the caregiver to believe that an illness rather than teething is present, the child will be sent home.

### CHILDREN MAY RETURN TO DAY CARE WHEN:

they have remained fever-free and/or symptom-free for at least 24 hours after being sent home from the center before they 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.

**ADMINISTERING MEDICATIONS:**

- It is a DCF State Requirement that if a childcare center administers prescription medication, it must be in the original prescription container with the child's name, dosage, and time to be given printed on it. This will be the only way we will administer prescription medication. Please ask your doctor or pharmacist for a second container when ordering medications so you have one for home and one for the center.
- 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 your child's daily note or on a piece of paper is not acceptable.
- Non-prescriptive medications, such as Tylenol, require an Authorization to Administer Medication form prior to dispensing, as we cannot take verbal authorization. These medications may not be kept at the center for use on an as needed basis.
- 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.

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

- The child has a low-grade fever of (100.3°F or below).
- The child has a second bout of 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 calls will be made to give you notification and to let you decide if additional attention from a doctor is needed.

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

- Staff will disinfect diapering areas and potty chairs after each use.
- The Nurturing Nook contracts a cleaning service that cleans and disinfects all areas, including the kitchen and bathrooms on a daily basis.
- Gloves for diapering are discarded after each use.
- 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 upon arrival at the center; as well as before and after snack, meals, toileting and outdoor play.
- Mouthed toys are cleaned and sanitized on a daily basis.
- Furniture and equipment is sprayed with an electro-static sanitizing sprayer on a nightly basis.
- Cot and crib bedding is washed weekly or more often if needed.
- Established guidelines and health policies for sick staff and children to stay home and recuperate.