

## Children's Learning Center – Sick Policy

The question of "how sick is too sick" is a big one. While we understand that children tend to get sick often, we need to establish some general guidelines to follow in determining whether a child is too sick to come to the center. We feel that children should stay home for the following reasons:

- **Fever over 100 degrees.** A fever is a warning that all is not right with the body. Even if the fever is temporarily lowered with medication, whatever is causing the fever is still present.
- **Coughs and colds.** The common cold is the most frequent ailment for children, with symptoms of cough, sore throat and a runny nose. A child with a "heavy" cold and hacking cough should not be in school, even if a fever is not present. A child with a sore throat and no other symptoms may be fine to come to school. If white spots are seen in the back of the throat or if fever is present, the child should stay home.
- **Vomiting/diarrhea.** A child exhibiting either ailment should be kept home. If vomiting occurs, keep your child home until he can keep food down and eating is normal again. Frequent bouts of diarrhea should be treated the same way.
- **Rash.** Because there are so many different kinds of rashes, caused by a variety of different reasons, a child with an unusual rash should be kept home until it can be determined that it is not contagious.
- **Too sick to participate in daily school activities.** A child that will be unable to participate in the activities of the day due to illness should be kept home. It is very stressful for children to be involved in group activities when they are not feeling well. We are unable to make alternative arrangements, for example, keeping a child inside while the class is outside, for children that are sick.

We understand that it is not always easy for you to keep a sick child at home, but if we all follow these guidelines, we should see major improvements in the health of all of the children. These guidelines are also followed in sending children home sick, as well. We ask that children be symptom free for 24 hours after any of the above illnesses, for their health as well as the health of the other children in the classroom. These guidelines are consistent with those set forth by the Department of Children and Family Services and the McHenry County Department of Health.

We ask that when your child is going to be absent that you call the Children's Learning Center office at 815/455-8555 so that the teachers are aware and we can notify other parents of any potential exposure to communicable diseases.