



**Programs for Parents, Inc.**

Comprehensive Services for Families & Children

## YOUR MONTHLY HEALTH TIP FROM PFP

### Exclusion for Illness

As a child care provider, you will most likely be faced with children who are feeling sick throughout the year. It is sometimes difficult to know when to exclude a sick child from child care. It is important to do a **quick health check** in the morning when the children arrive and periodically throughout the day. This health check includes **observing the child, speaking with parents, and talking with the child.**

Because infections spread easily among children, teachers should be alert and closely observe children at all times. If you see the following symptoms in a child, you should immediately separate the child from the other children and contact the parents to have the child picked up:

#### **Fever and sore throat, rash, vomiting, diarrhea, earache, irritability, or confusion.**

- **Fever** is defined as having a temperature of **101.5° F taken orally, or 100.5° F taken under the arm.** If the child is **younger than 2 months** old with a temperature **above 100° F under the arm or 101° F rectally,** call the parent to have the child evaluated by their Health Care Provider.
- **Diarrhea** two or more watery stools in a 24 hour period.
- **Vomiting** two or more times in a 24 hour period.
- **Body rash** with fever.
- **Sore throat** with fever and swollen glands.
- **Severe coughing,** child gets red or blue in the face or makes high-pitched whooping sound after coughing.
- **Eye discharge** thick mucus or pus draining from the eye, or pink eye.

**Call 911** for a child who has **difficulty breathing,** has **purple, blue or gray skin or lips, vomiting blood,** has a **stiff neck with headache and fever,** and has a **serious head injury or change in consciousness.**

It is important that your facility has a **clearly written policy** for excluding sick children from your child care center or family child care home. Give the parent or guardian a copy of your **Exclusion for Illness policy** when each child is enrolled. This will help prevent problems later when a child is sick.

**For more information on exclusion policies,  
call the Warmline at 1-800-713-9006  
to speak to a pediatric nurse.**

