

## **The Climbing Tree Good Health Policy**

At The Climbing Tree, we focus on providing a healthy and safe environment for the well being of each child and staff member. We work hard to maintain a safe and hygienic conditions at all times. For this reason, we adhere to a strict Good Health Policy.

These policies were developed with the assistance of Dr. William Parks and are reviewed annually by our friends at Texas Children's Pediatrics. For clarification on any of the childhood illnesses listed, please consult your child's pediatrician.

Our policies regarding common childhood illness are on the following pages. While we realize doctors may diagnose illnesses differently, and an illness may manifest itself in one way with one child and differently with another, **these policies supercede any written notes from a physician.** We encourage you to follow up with your child's pediatrician for clarification of any illness your child may have. However, it is due to these varying differences that our policies have been established for the overall health of everyone in our program.

If a child does not seem well, we will do our best to provide tender, loving care. Since our staff members are not trained to diagnose illness, the attached policies will be followed at all times. We are required to care for ill children apart from other children, and our limited facilities and staff require this be kept to a minimum. Therefore, parents will be contacted to pick up their child immediately. We appreciate your understanding and support of these important rules. By keeping your child at home when they are ill, or are not responding to medical treatments, you are helping us maintain a healthier environment for everyone.

It is important to be able to contact parents and arrange for pickup quickly. If you are unable to pick up your child within the hour or we are unable to reach you after repeated attempts, we will contact the persons you have listed as emergency contacts on your behalf.

Illness	Symptoms	When To Exclude From Care	When May Return To Care
Chickenpox	Slight fever, loss of appetite, irritability, itchy, blister like rash. Blisters dry and crust over.	When evidence of fever, lesions or blisters are present. Usually about 6-9 days before able to return.	When child has been fever free without medication assistance for 24 hours & all lesions have dried and are crusted over.
Cold Sores	Fever, runny nose, cold sores or fever blisters on the lips or in the mouth.	Not necessary unless fever is present	Once has been fever free for 24 hours without medication
Cold, congestion or upper respiratory illness – Nasal Discharge is green or yellow	Sore throat, cough, headache, nasal discharge, fatigue, muscle aches	Pertulant (continual) yellow or green discharge or copious discharge of color – continues after several wiping.  Unable to participate in group activities (including outdoor play)  And/or  Requiring extensive individualized care	Once evaluated by a pediatrician, on treatment and responding to treatment (minimum of 24 hours).  Must be able to participate in group activities (including outdoor play)
Diarrhea – infectious (May be caused by bacteria, virus, or parasites)	Stools decreasing in consistency	2 or more stools decreasing in consistency in a 24 hour period &/or requiring extensive individualized care	May return when the child has been symptom free for 24 hours without further diarrhea
Diarrhea – non-infectious (may be caused by food intolerance and some antibiotics)	Stools decreasing in consistency	Exclude unless / until the information mentioned to the right is presented and extensive individualized care is not required.	Must have original pharmacy handout indicating child's name, date, name of medication and medication side effects. If related to food intolerance, must have written authorization from a pediatrician indicating food allergy.

Ear infections	Pulling at ear, irritability, fever	Exclude if fever is present and/or requiring extensive individualized care.	May return once fever free for 24 hours without fever reducing medications and able to participate in group care (including outdoor play)
Fever	Temperature reading of 99.4 or greater when taken under the arm (per child care licensing)	Temperature reading of 99.4 or greater when taken under the arm (per child care licensing)	When child has been fever free without medication assistance for a minimum of 24 hours.
Fifth Disease	Low grade fever, tiredness, rash on face (“slapped cheek appearance”), rash on body (appears lacey)	If fever is present & / or is requiring extensive individualized care.	Once fever free for 24 hours without medication *Pregnant mothers with children that have been exposed should check with their doctor.
Hand, Foot, Mouth / Herpangina (Coxsackievirus)	Cold-like symptoms initially. Blisters on inside of cheek, gums and tongue. Blisters on palms of hand, fingers, soles of the feet, and sometimes buttocks.	Exclude if fever is present & / or unable to participate in group activities (including outdoor play) and / or requiring extensive individualized care.	Once fever free for 24 hours without medication and able to participate in group activities (including outdoor play)
Head Lice	Persistent itching or scratching at the back of the head or around the ears. Check hair shafts for head lice or their nits (eggs)	Exclude from care and send home all linens	May return after one treatment with an effective medicated shampoo or cream treatment. Treatment must include medicated shampoo & tick /nit removal with specialized comb. Prior to re-entering classroom, child must be checked daily for evidence on new infestation for 10 days after treatment.
Impetigo	Reddish spot or bump on the skin which breaks. Releases a yellow cloudy fluid, leaving a	Exclude from care until on treatment and responding and / or requiring extensive	May return after receiving treatment and responding (minimum of 24 hours after receiving treatment)

	weeping sore. The fluid dries, leaving a yellow, golden or honey-colored crust. Usually involves the face, neck, and limbs but may be anywhere on the body	individualized care.	
Pertussis (Whooping Cough)	Cough following a cold that the child has difficulty in catching a breath of air. Characteristic of a “whooping (sound) cough”	Exclude from care until on treatment and responding and / or requiring extensive individualized care.	A person with whooping cough may be considered non-infectious only after they have taken antibiotics for at least the first 5 days of the 14 day course of treatment.
Pinkeye / conjunctivitis	Redness that involves the whites of the eye or surrounding tissues. Itching and burning of the eye. Discharge	When the tissue or whites of the eye are red ,the eye has pertulant colored (green or yellow) discharge or copious amounts of white discharge	May return when child has been on treatment and is responding. Clearing of the redness AND no discharge must be evident. Eyes may be red so long as there is improvement and no discharge.
Teary Eyes (allergic)	Teary eyes, discharge is clear	Evaluate by pediatrician if continues for more than 3 weeks. Not excluded from care.	-
Rashes	Raised, reddened areas of inflammation of the skin. May or may not have fever	When fever is present and / or requiring extensive individualized care.	May return when the rash has been identified by the pediatrician, fever has been absent for 24 hours without medication, rash is gone and child is able to participate in group activities (including outdoor play)
Ringworm	Flat, scaly areas with reddish borders, spreading in a circular pattern.	Exclude until on treatment and responding	Once on antifungal medication & responding to treatment, may return to group care.
Roseola	Sudden fever that can go up to 106 and last 3-5 days. May	Exclude for fever and rash and requiring extensive	May return when fever free for 24 hours without medication and NO

	have sore throat with swollen glands. Rash will appear after fever breaks. May fade within hours or last 1-2 days	individualized care.	rash is evident and the child is able to participate in group activities (including outdoor play)
Strep Throat	Fever, red painful throat, swollen tonsils, ear infections possible	Exclude until on treatment and responding (minimum of 24 hours) and fever free and /or requiring extensive individualized care.	May return when fever free for 24 hours without fever lowering medication and on antibiotic treatment and responding.
Vomiting	Disgorging the contents of the stomach through the mouth	Exclude if there are 2 vomiting episodes in a 24 hour period – may indicate a bacterial or viral infection and/or requiring extensive individualized care.	May return when child has been symptom free for 24 hours without further episodes.

The Climbing Tree  
Good Health Policy Acknowledgement

\_\_\_\_ Receipt of The Climbing Tree Good Health Policy

I acknowledge my receipt of The Climbing Tree “Good Health Policy”, listing the school policies regarding care for my child before, during, or after an illness.

\_\_\_\_\_  
Child’s Name

\_\_\_\_\_  
Print Parent Name

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

Please return form to administrative staff no later than Friday 5/7/10.