



Early Childhood Education Illness & Health Policy

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The YMCA understands that meeting the demands of work can be challenging when your child is ill. We strive to limit the spread of communicable disease in our childcare settings and are committed to implementing policies that balance family, children and staff needs in a group care setting. The YMCA policies are guided by the State of Maine Licensing Standards, NAEYC Health & Safety Criteria, and our Health Care Consultant.

The YMCA respects that it is difficult for a parent/guardian to leave or miss work; therefore, it is highly suggested that alternative arrangements be made in advance to accommodate occasions when a child must remain home or be picked up due to illness. Exclusion is necessary not only to reduce the transmission of illness, but when the center is not able to adequately meet the needs of the child.

For your child's comfort, if a child must be sent home from the center, they must be picked up within 1 hour of the initial phone call notification.

For the protection of children and staff, your child should be kept home, or will likely be sent home for the following:

- Illness that prevents the child from participating comfortably in program activities. This is to include time spent outdoors. Outdoor time is provided year-round. If your child is too sick to play outside, they are too sick to be in attendance.
- Illness that requires greater need of care than our staff can provide without compromising the needs of the classroom. This is to include but not limited to: one on one care, gym time, outdoor time and scheduled field trips.
- Illnesses that pose a risk of spreading a harmful disease to others.
- Unexplained fever in children under the age of 4 months- Until 24 hours fever free without the aid of medication.
- Fever of 100.4 or above until 24 hours fever free without the aid of medication.
- Diarrhea: watery or decreased form of stool not associated with a change in diet or antibiotics, stool not contained in a diaper, child that is unable to reach the bathroom, stool that exceeds child's normal natural rhythm.
- Vomiting- Next day or until vomiting has ceased completely.
- Conjunctivitis- Until after 1st dose of antibiotics.
- Impetigo/Staph Infection- Until 24 hours after 1st dose of antibiotics.
- Strep Throat (or other streptococcal infection)- Until 24 hours after 1st dose of antibiotics.
- Scabies- Until 24 hours after treatment has started.
- Pertussis (whooping cough)- Until 5 days of antibiotic treatment.
- Rash accompanied by fever/behavioral changes (unless a physician has determined it is not a communicable disease).
- Mouth sores with drooling (unless physician has determined that the child is noninfectious).
- Skin sores weeping fluid and on a part of the body that cannot be covered.

Families should exercise every caution to keep the child home if other unusual symptoms occur. If the child has been exposed to a highly contagious disease, it is imperative that you inform the child's teacher/center director. Some of diseases considered to be highly contagious include but are not limited to: Pinworm, Strep Throat, Measles, Mumps, Chicken Pox, Fifth's Disease, Scarlet Fever, Hand Foot & Mouth, Conjunctivitis, Impetigo, Pertussis, Rubella, Hepatitis A. Should a contagious disease be present, it will be posted in the child's classroom. If the disease is airborne, it will be posted center wide.

Please note: If a child is taking antibiotics due to illness, they must have their first dose at home, regardless if they have taken it in the past. Parents should make every attempt to administer medication at home, and not at childcare. For example, if medication is a 2X daily dose, the child should receive it at home in the morning and in the evening.

Childcare staff will only administer prescription medication to a child. Medication **MUST** come in its original bottle/container and be clearly labeled: with the child's name, name of the medication, the dosage and directions, and prescribed times/dates to be administered.

Families must fill out a Medication Administration Form **PRIOR** to the staff administering the medication to the child.

Medication **MUST** be given directly to a staff member. Medication should **NEVER** be left in a child's diaper bag, backpack, bag, or lunch box.

Medication cannot be given to mask the symptoms of an illness that may require the child to be sent home from programming.

YMCA staff can never accept responsibility for giving your child non-prescription drugs (over the counter) without a written note from your physician.

After reading this document in full, return to the online form and check "I agree" as a placeholder for your digital signature.