

Health Care Policies- Updated for 2021

Our health care policy has been carefully designed in conjunction with our health care consultant. It is essential that the following guidelines be followed to ensure everyone's (both children's and adults') good health.

If your child develops symptoms of illness during the day, we will bring them to the sick/isolation room. He/she will rest comfortably with quiet activities of interest and will be given something "light" to eat or drink if hungry or thirsty. We will call you to come and pick up your child. Please come within 30 minutes of our phone call. If on any given day you will not be at your usual home or work number, be sure to give us a number where you can be reached, or we will call your emergency contact numbers.

If you have a child at home who appears to fall into one of the categories below, please keep him/her home. We request that you call us by 9:00 a.m. if your child will be absent. If we do not receive a call from you, we may call you to follow up on the absence. This helps us in planning our daily program, and in accounting for each child. Notification of exposure to a contagious disease (COVID-19, chicken pox, measles, conjunctivitis, etc.) is very important to us and once informed we will make parents aware. Please call if you have any questions. We allow parents with written permission from their child's health care practitioner to train staff in implementation of their child's individual health care plan.

Health Policies

Due to the public health situation EEC has updated our health policies to provide more guidance for child/staff illnesses.

The following symptoms, if observed in a child or staff member are cause for immediate isolation and exclusion from care:

- a. Fever (100.0°F and higher), feverish, had chills
- b. Cough
- c. Sore throat
- d. Difficulty breathing
- e. Gastrointestinal distress (Nausea, vomiting, or diarrhea)
- f. New loss of taste or smell
- g. New muscle aches

The following symptoms, if observed in combination with symptoms from above are cause for immediate isolation and exclusion from childcare:

- a. Fatigue
- b. Headache
- c. Runny nose or congestion
- d. Any other signs of illness

If our program is informed of a COVID-19 positive individual in our program, or a COVID-19 positive individual that shares a home with an individual in the program we will:

- a. REPORT the positive case to the Department of Public Health
- b. CONNECT with an Epidemiologist from the Department of Public Health to discuss next steps.

- c. COMMUNICATE with families about the exposure.

Isolation/Quarantine

In the event of an exposure or confirmed/presumptive positive case of COVID-19 we will defer to the Local Board of Health for requirements of length of time of absence from program and other requirements to return to care. Prior to a child returning to school a telephone conference with the preschool administrative staff must occur and we must have written documentation from your doctor allowing return to care.

Additional Health Policies:

FEVER:

If a child has been sent home with a fever (100 degrees or higher) or an inability to participate fully at school he/she must remain at home, fever free, for **72 hours** before returning to the center. However, if the fever should recur after the child has returned to school, you will be notified and must come immediately to take your child home.

DIARRHEA:

There are many causes of diarrhea, one of which is viral and contagious. A child will be sent home if he/she has had more than two watery stools during the day. Children may return to the center 24 hours after the diarrhea has subsided. If your child is to return to the center with occasional diarrhea due to antibiotics, etc., we must have a written or verbal statement from your pediatrician that the diarrhea is not contagious.

VOMITING:

A child who has vomited must stay home or go home until the vomiting has stopped for at least 24 hours.

COLDS:

Colds are common at DCH Preschool. Any child well enough to come to the center with a cold will be expected to participate with other children in usual outside activities. A common side effect of a cold is a runny nose. A thick yellow or green discharge can be an indication of infection. If your child has thick yellow or green discharge they must stay home. Sore throat or ear pain sometimes indicates a more serious infection that requires evaluation and treatment by the doctor as well.

IMPETIGO:

This is a skin infection characterized by crusted sores, often first appearing on the face. If impetigo is suspected, we will ask you to have your child checked by a doctor. If the diagnosis is confirmed, your child must be on antibiotics for 24 hours before returning to the center.

CONJUNCTIVITIS:

This is a highly contagious infection of the eye, characterized by tearing and a yellow discharge. If the diagnosis is confirmed, children may return to school after given the appropriate medication as indicated by their physician.

STREP THROAT:

Strep throat can show a variety of symptoms. Your child should be seen by a doctor if he/she has a fever, rash, and/or sore throat. If the diagnosis is confirmed, your child must be on antibiotics for 24 hours before returning to the center.

*The criteria for exclusion due to reportable diseases will be in conformance with regulations and recommendations set by the Division of Communicable Disease Control, Department of Public Health, and CDC *

Infection Control

To reduce the spread of infection, the center will ensure that staff and children wash their hands with liquid soap and hot running water using friction for a minimum of 20 seconds. Hands will be dried using disposable paper towels. If soap and water are unavailable, we will use hand sanitizer with at least 60 percent alcohol.

Staff and children will wash their hands at least at the following times:

- upon arrival and departure
- when coming in from outside
- before and after eating or handling food
- after coughing or sneezing (in addition to the use of a tissue)
- after toileting and diapering
- after touching shared toys or equipment
- after touching or being in contact with facemask or cloth face covering
- before and after changes of gloves
- after contact with bodily fluids and discharge (in addition to use of disposable gloves)
- after handling center animals and their equipment
- after cleaning or disinfecting
- before and after administering medication
- after handling soiled laundry
- after working with any child with an infectious disease

Bodily fluids will be cleaned up using detergent/water solution followed by bleach/water solution.

All tabletops and diaper changing tables (covered with disposable paper) will be sanitized according to State regulations posted by kitchen counter where bleach solution is prepared daily. All mouthed toys will be placed in a bucket to be sanitized. Classroom materials are disinfected numerous times during the day and shared equipment is disinfected or

sanitized after use. Staff does not use hand washing sinks for bathing children or for removing smeared fecal material.

Face coverings:

We strongly encourage children to wear a face covering while in care (2 and above). Face coverings will not be worn during eating or sleeping times. Staff members will be required to wear face coverings during the day (unless outside and are maintaining physical distancing).

Parents/Guardians are required to wear face coverings at pick up and drop off.

Face coverings must cover the nose and mouth, fit snugly against the sides of the face, and be secured behind the ears or head. We ask that you pack multiple face coverings so face coverings can be changed as necessary during the day.

Gloves:

Gloves must always be worn by staff during the following activities:

- Diapering and toileting
- Administering medication
- Cleaning
- Food preparation
- Screening activities requiring contact including temperature checks

MEDICATION POLICY: (Prescription and Non-Prescription)

From time to time your child may need to be given medication while at school. Our staff and administration are trained in medical administration according to EEC regulations. Please see the following procedures and guidelines for medication:

- A written order by a health care practitioner must be on file and must be updated yearly for chronic health conditions.
- Written consent by parent and health care practitioner must be provided if medication must be administered for short term use. (You will be given a medication form at preschool, and we will attach your child's picture to the form once completed)
- Teacher will check to make sure child has taken this medication before
- Before dispensing, teacher will wash hands, put on gloves, and check the following:
 - Right medication
 - Right child
 - Right time
 - Right dose
 - Right route

Topical non-prescription medication such as diaper creams, sunscreen, petroleum jelly, calamine lotion and other ointments will only be administered to a child with parental

authorization. DCH Preschool must receive a signed statement by parents allowing the school staff to apply these ointments. This statement is valid for one year from the date it was signed.

Children's Chronic Health Care Conditions

Parents will be asked at the intake meeting and will also provide (if applicable) the information in the child's enrollment forms about their child's individual health care needs. A list of children's allergies and other special health concerns will be posted in each classroom in a confidential manner. Parents will be allowed to aid staff with the proper implementation of their child's individual health care plan. For children with chronic medical conditions such as, but not limited to, allergy, asthma, seizure disorder, epilepsy, diabetes, the following procedure will be followed:

- Annually fill out Individual Health Care Plan by health care practitioner.
- Obtain guidelines for procedure from child's health care practitioner in the event of a reaction or episode.
- Train staff on appropriate procedures from health care practitioner
- Procedures will also be put in place to ensure that the proper health care requirements of children with disabilities are met.

Allergy Intervention Procedures

Information concerning allergies to food, medicine, insects (bees), or other substances will be requested as part of the child's medical form. Once this medical form has been submitted to DCH Preschool, it will be verbally reviewed with the child's parents to ensure that the information is complete and correct. Information concerning the type of allergic reaction and recommended interventions to prevent exposure, and procedures in the event of exposure, will also be reviewed at this time.

If a child ingests or comes into contact with a substance to which he/she is known to be allergic, the following procedures will be immediately implemented:

1. If the parents and physician have provided medication and procedures, these will be followed as per the physician's orders.
2. If the substance has been ingested, poison control will be contacted immediately, and their instructions followed. The poison control telephone number will be kept by the telephone.
3. If any signs of respiratory distress or difficulty appear, emergency assistance will be obtained immediately. Emergency medical procedures will then be followed.
4. Parents will be contacted as soon as the immediate emergency actions have been initiated.

Epi-pens/rescue inhalers will always be kept with teachers for safety purposes. Epi-pens/rescue inhalers need to be brought to the preschool in their original box with the prescription label attached.

Allergy information will be prominently displayed in the following places:

- ◆ On the kitchen refrigerator

- ◆ In the administrative office
- ◆ Every classroom

Emergency Medical Procedures

If a child becomes ill or is injured while at DC H Preschool, he or she will be taken to the sick/isolation room. Parents will be called and are expected to pick up their child if necessary, within 30 minutes. Parents will be informed in writing within 24 hours of any injury that occurs to their child and the first aid procedures administered.

In a **non-emergency situation**, the following procedure will be used:

1. Administer First Aid (health care consultant will be contacted if necessary).
2. Contact parent or emergency contact numbers if parents cannot be reached. The child's physician may also be contacted.
3. Arrange for any necessary transportation by parents or emergency contact.

In the event of a **medical emergency**, the staff at DCH Preschool will initiate the following procedures. The steps include, but are not limited to:

1. Administer immediate emergency first aid.
2. Contact Emergency Medical Technicians.
3. Contact parent or emergency contact numbers if parents cannot be reached. The director or program coordinator will be responsible for decision making if parents or emergency contacts cannot be reached. Child's physician may also be called.
4. If hospitalization or emergency room evaluation and treatment is required, one staff member will accompany the child in the ambulance, bringing his/her health record and emergency release information unless a decision is made in conjunction with parents to wait for their arrival, in which case parents would accompany the child to the hospital.

The same emergency medical procedures will be followed on field trips.

The teachers bring children's emergency contact and medical information on all field trips. A First Aid kit is also brought on all field trips. A staff member certified in both CPR and First Aid will be present.