

Health and Safety

SICK CHILDREN

If you know your child is ill, she or he should not come to school. Parents or guardians must inform administrators immediately of any child who contracts an infectious disease so that other families can be notified as required by New Mexico law. There are some diseases which must be reported to the State of New Mexico, and you can refer to the notice labeled “Notifiable Diseases and Conditions in New Mexico” on the bulletin board by the main entrance door. A sick child might feel unhappy at school; she or he should remain at home until able to resume normal activities, including outdoor play. **If your child is too sick to play outside, your child is too sick to come to school.** Children should also stay home if caring for them keeps our teachers from caring for the other children in their class or if it affects the health and safety of the other children around them. Even a cold can cause a child to tire easily, and the busyness of school can exacerbate this. For example, the onset of the flu can often cause children to tire very easily and need bed rest. Occasionally symptoms worsen after the child arrives at school. If a child has any of the following conditions or does not appear to be tolerating school for health reasons, the child will be sent home for the day along with a Sick Child Form (see **Form D**). You must pick your child up within **30 MINUTES** of notification. If your child is sent home for illness, please understand that it is a decision aimed only at keeping everyone else healthy. **It’s important to remember that healthy, young children get sick an average of ten times per year.** Please try to set up at least two contingency plans for when your child must stay home.

We are not physicians or qualified health practitioners capable of making diagnosis, but we will act on the following as is conventional practice in schools:

1. **COVID-19.** For anyone who tests positive, you must stay home and isolate for 5 days with day 0 being the day of a positive test or day symptoms began. The person may return once down to 1 or no symptoms for 48 hours. If that 1 symptom is fever, vomiting and/or diarrhea, the person must be free from this symptom for 48 hours before return. After the isolation period, and with 1 or no symptoms, the person may return **with a mask** for another 10 days. Children under the age of 2 cannot wear masks and should remain home until no symptoms for 48 hours or 10 days at home has been reached (with day 0 being the day of a positive test and/or day symptoms began). If there is household exposure to COVID, the person exposed should wear a mask for 10

days and can continue to come to La Luz ECC so long as the person has not tested positive and so long as there are no symptoms. At any time if **any** symptoms develop, the person should stay home, test with either a PCR COVID test (more reliable) or a rapid test. If a rapid test is used but is negative, so long as the person is symptomatic, they should remain at home and should retest in 2 days. Children under 2 can continue to come, unmasked if there is household exposure, so long as they are asymptomatic (**meaning NO symptoms**). La Luz ECC does have a **limited** supply of COVID tests. Please ask an administrator if you need one to test.

2. **Diarrhea or vomiting.** **The child may return when free from symptoms for 48 hours.** Children will be sent home if they have a watery stool that can not be contained in diaper or underpants or 3 or more, soft, loose stools in a 4-hour period. If a child vomits once, they will be sent home. Return is subject to other symptoms and need for a negative COVID test.
3. **Impetigo.** The child may return to school after antibiotics have been administered for 24 hours, or when sores are very dry with no yellow crust, and no longer oozing (about 7-10 days), with a doctor's note and the absence of other symptoms.
4. **Fever.** Temperatures **above 100.4F (thermal) or 99.4F (axillary or under arm)**. Your child may return when free from fever for **48 hours** **without** fever reducing medication and in the absence of any other symptoms. If they have any other symptoms, may return with a negative COVID test.
5. **General Malaise.** A child who does not eat or have the energy to participate in activities does not belong at school. **If we must give a child 1 on 1 attention because they are not feeling up to participating due to illness or malaise, we will send them home.**
6. **Earache.** The child should be seen by a physician and in the case of an ear infection, may return to school following a minimum of 24 hours of treatment and without other symptoms.
7. **Pediculosis (head lice).** The child may return to school following a minimum of two days of treatment and no nits (eggs) are observed by staff.
8. **Cold.** The child may **NOT** attend school due to a cold if two or more symptoms are present (this may be a runny nose and a cough, etc.). Child may return when down to 1 or no symptoms, so long as that 1 symptom is not fever, vomiting and/or diarrhea, **WITH A NEGATIVE COVID** test.

9. **Ringworm or Athlete's Foot.** The child may attend if the infected area is being treated and is covered. If it cannot be covered, then the child will have to remain out until it is scabbed.
10. **Strep Throat.** The child may return to school after 24 hours of treatment (as long as no fever) with prescription medication with a doctor's note. Restrictions concerning no fever for **48** hours will also apply and must be down to 1 or no symptoms before return.
11. **Conjunctivitis (pinkeye).** The child may return to school following 24 hours of treatment with **prescription medication.**
12. **Rash.** Out of care until a doctor determines that the rash is not contagious or has a diagnosis. **In cases of Hand, Foot and Mouth Disease, children may not return until they are fever free for at least 48 hours, they have no active sores/ulcers in the mouth, they are not excessively drooling, and they are 3 full days out from the start of their rash/blister phase (with day 0 as the start of a rash). For example, if a child begins with bumps/blister/mouth sores on a Monday, then the earliest they could return is Friday assuming they have met the above criteria. All other exclusions are still in play, such as the fever exclusion.**

It is important that children who have been ill are not sent back to school when they are still at risk. A low resistance jeopardizes your child's health and may open them up to other infections. Children with chronic illnesses (asthma, diabetes, epilepsy, etc.) should submit a signed doctor's plan of health care at the time of enrollment.

COVID-19

Due to the very fluid and ever changing COVID-19 pandemic, applicable policies, procedures and protocols are required to be revised accordingly, and in some instances new policies need to be created, to address changing public health orders. If any changes are made, **they will be sent out to all families and staff via email.**