

## 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. **We continue to notify ECECD of positive COVID cases, so please do notify us.** 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.** If your child develops symptoms of a respiratory illnesses, which can be COVID, please test your child to confirm diagnosis. If they are positive, they should remain out of care until they are down to 1 or no symptoms for 48 hours, without medication. If the 1 symptom is a fever or vomiting or diarrhea, they should remain out until symptom free, without the aid of medication, for 48 hours before returning. If they are over the age of 2 (Older Toddler classroom and older), it is recommended that they wear a mask for 5 days upon their return to school.

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. **Infants who are breast fed or who otherwise routinely have soft stools will be evaluated on a case-by-case basis.** If a child vomits once, they will be sent home. Return is subject to other symptoms and the need for a negative COVID test should there be an uptick in COVID cases.
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. Sores should also be covered.
4. **Fever.** A fever is measured by a temperature **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. **Should test for COVID if there is an uptick in current cases.**
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. If ill during an uptick in COVID cases, may return **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 can not 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 and 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.**

### **HEALTH AND IMMUNIZATION RECORD**

**No child will be allowed to attend class until all required health forms are completed and returned to the school. We must have a record of up-to-date immunizations** or a religious/conscientious objection exemption letter from the State Department of Health on file before school begins. The conscientious objection exemption **must** be renewed every school year or according to state law.