

When Your Child Is Sick...

All children become ill from time to time. It is important for parents who have children in child care to understand that their child's health affects the health of the other children in an early childhood program.

Do not take a child who has signs and symptoms of a contagious illness to child care. Have plans for picking-up a child who becomes sick during the day.

Let the program know when your child is ill, even if he stays home. If the child sees a health care provider, write down the name of the illness and what it may mean for the other children in the group.

If you are not sure what to do, call the child care program for suggestions.



Keeping Your Child Healthy...

Good health habits help to protect your child from illness. Your child's program will teach many good health habits. You can help. Encourage your child to choose nutritious food. Make sure he gets enough rest. Remind him to wash his hands after using the bathroom and before and after eating.

Immunizations (shots) are very important, and are required for attending licensed child care settings and for school. Keep your child's immunizations up-to-date, and place the record of immunizations in a secure place. Do not leave your child's original immunization record with the child care program or school.

Children's immunizations are available from your health care provider and through your local health department.



The Arrival Health Check

Should Joey Stay Brochure

Should Joey Stay Today?



Parent's Guide
for Sick Days...

Be Prepared...

Be familiar with the signs and symptoms of communicable diseases listed on the following pages.

Find a doctor or clinic with hours which meet your needs.

Ask about your employer's rules on missing work if your child is ill. Are sick child benefits provided?

Although the best place for an ill child is at home with a parent to care for him, you may need to arrange now for care when your child is ill and you cannot be home.

Write down the name and phone number of neighbors, and friends who could care for your child. Keep this list in your wallet. Include the number of the local "Sick Child Care Program".

Talk with other parents. Perhaps a parent who does not work would be willing to care for mildly ill children.

Be familiar with the program's policies about giving medications. If your child will be given medicine while at child care, be prepared to complete and sign the Medication Consent Form. The program may also require written instructions from the health care provider.

Certain signs and symptoms in children suggest the presence of a communicable disease. These children should be excluded until evaluated by a health care provider or until signs and symptoms are gone.

Fever: An underarm temperature of 100° F, or oral temperature of 101° F. The child may return when he has been fever-free for 24 hours without the use of a fever-reducer such as Tylenol or Ibuprofen. Do NOT use aspirin unless directed by the health care provider.

Breathing: Difficult breathing or hard coughing.

Diarrhea: Two or more abnormally loose stools in the previous 24 hours.

Vomiting: Two or more episodes of vomiting in the previous 24 hours.

Eyes: Mucus or pus from red eyes or cloudy or thick drainage from the nose.

Sore Throat: When fever or swollen glands are present.

Rash: Undiagnosed rashes with fever or other signs of illness.

Sores: Infected sores with pus, crusting or yellow or green drainage, which cannot be covered by bandages.

Itching: Persistent itching or scratching of the body or scalp.

Unusual Color: These signs suggest hepatitis (liver infection) and should be evaluated by a health care provider.

Eyes or skin - yellow (jaundice)

Urine - dark cola color

A child may return when he is not contagious to others and he feels well enough to participate in activities.