

# Health & Wellness

### Outdoor play safety

Children have a daily opportunity for outdoor play when weather, air quality, or environmental safety conditions do not pose a health risk.

Based on the recommendation of the American Academy of Pediatrics, U.S. Department of Health & Human Services, and the American Public Health Association as printed in the book *Caring for Children: the National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs*, weather poses a significant health risk at 15° or below, including wind chill factor, and at a heat index at or above 90°. Therefore, as long as the temperature falls within those parameters, and in the winter months, the ground is not dangerously icy, our students play outdoors. We are able to check the exact temperature including the wind chill at our own weather station.

As previously mentioned in the curriculum area, when outdoor opportunities for large-motor activities are not possible because of the conditions then we are able to set up activities in the Auditorium.

### Toilet training

Although we encourage your children to be trained in the Hummingbirds, Robins, Woodpeckers, and Falcons classes, this is not a requirement for attendance at Earthplace. This is in accordance with our understanding of the Americans with Disabilities Act. We believe that we need to work with children at their level of development in all areas, including toilet training. We expect to help children in the Chickadees class transition to using the toilet and collaborate with families in terms of the timing.

### Illness

Staff members are knowledgeable about the signs and symptoms of childhood illnesses, and they are responsible for the initial observation of each child upon arrival and continued observation throughout the day. If an illness prevents the child from participating comfortably in activities or creates a greater need for care than the staff can provide without compromising the health and safety of other children, or if a child's condition is suspected to be contagious and requires exclusion as identified by public health authorities, then the child is made comfortable in the preschool office, where new individuals will not be exposed, on a cot where she or he is supervised by a familiar caregiver.

We will immediately attempt to notify the parent or legal guardian when a child has any sign or symptom that requires exclusion from the program. If the parent or legal guardian cannot be reached within 15 minutes then the authorized emergency contacts will be notified to pick up the child.

Some of the symptoms that would indicate to us that a child was contagious or did not feel well enough to stay in school would be: a fever of 100.3 or greater, diarrhea, severe and persistent cough, vomiting, unexplained rash, or an illness that is keeping the child from benefiting from school. Parents are required to both keep children home when they have these symptoms and consult with their healthcare provider. If the healthcare provider does not suspect COVID-19, then an alternative diagnosis must be documented and the child must be cleared in writing before he or she can return to Earthplace.

\*Please note that diarrhea is defined by the American Academy of Pediatrics as an illness in which an

individual develops more watery and more frequent stools than is typical for that person.

### Missing school

Please email your child's teacher, the [Director of Early Childhood Education](#) and the [Assistant Director](#) when your child will miss school letting us know the reason for your child's absence. We are then able to share information about possible exposures while always maintaining confidentiality.

### Exposure to a contagious illness

When your child has been exposed to a contagious disease at school we will send an email to let you know the name of the disease and its signs and symptoms, mode of transmission, period of communicability, and control measures that are being implemented at school and that families should implement at home.

### COVID-19 & Symptoms of illness

If your child becomes sick **while at school** we will notify the child's parent or another authorized adult and, in some cases, the child will need to be picked up from school within 30 minutes. Please make sure that there is an authorized adult available to pick your child up if he or she becomes ill while at school..

**If your child is exhibiting one or more of the symptoms listed below, he or she must be evaluated by his or her healthcare provider and a note documenting the diagnosis and return date must be obtained and shared with Earthplace:**

- Fever (100.3° or above)
- Chills/Body Aches
- Sore Throat
- Persistent cough or persistent ear pain
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- New or unexplained rash or sores
- Other

These symptoms have been identified by the CDC as possible symptoms of COVID-19 or Monkeypox.

If the child is not evaluated by the healthcare provider, then he or she must stay at home for 5 days from symptom onset.

If your child is vomiting or has diarrhea, defined by the American Academy of Pediatrics as an illness in which an individual develops more watery and more frequent stools than is typical for that person, the the child must remain at home as follows:

- Day 0 is the day of symptom onset, date of exposure to an infectious person, or date of diagnosis.
- Day 1 is the first full day of exclusion.
- For example if a child is sent home with diarrhea on Tuesday then Tuesday is day 0. The child must remain at home on Wednesday and can return to school on Thursday if stools have returned to normal.

## Reporting Illnesses:

- If there is a positive case of COVID-19, or other communicable illness, all parents in the program will be notified and will receive further instructions
- Confidentiality will be maintained

If your child becomes sick **while at home**, please notify Earthplace Preschool immediately via email and follow the illness policies as described above.

## Exclusion & returning to school

Below, please find our guidelines based on recommendations from the American Academy of Pediatrics. All exclusion and return dates are subject to change.

### Exclusion timeline calculations:

**Day 0 is the day of symptom onset, date of exposure to an infectious person, or date of diagnosis.**

**Day 1 is the first full day of exclusion.**

- **Chicken Pox (Varicella):** Until all sores have dried and crusted (usually six days) **and** cleared by a healthcare provider.
- **Pink Eye (Conjunctivitis)\*:** After three treatments with medication prescribed by a physician for this occurrence and completely asymptomatic for 24 hours. You must provide a note from the health care provider to certify that the child is no longer infectious.
- **COVID-19\*:** 10 days after infection, subject to change
- **Coxsackie\*:** Significant rash improvement, all blisters have dried, **and** cleared by a healthcare provider.
- **Diarrhea\*:** Please note that diarrhea is defined by the American Academy of Pediatrics as an illness in which an individual develops more watery and more frequent stools than is typical for that person. Day 0 is the day of symptom onset, date of exposure to an infectious person, or date of diagnosis. Day 1 is the first full day of exclusion. For example if a child is sent home with diarrhea on Tuesday then Tuesday is day 0. The child must remain at home on Wednesday and can return to school on Thursday if stools have returned to normal.
- **Diphtheria\*:** Until two negative cultures were collected 24 hours after completion of medication.
- **Difficult or rapid breathing\*:** Until cleared by a healthcare provider
- **Fever 100.3 F\*:** Until fever-free without fever-reducing medication after one full day at home (see exclusion timeline above) **and** cleared by a healthcare provider.
- **Fungus or ringworm\*:** Excluded at the end of the school day. May return when certified by a health care provider that the patient is under adequate treatment and no longer infectious.
- **Hepatitis A\*:** Until one week after onset of illness, jaundice, or as directed by the health care dept. when passive immunoprophylaxis has been administered to appropriate children and staff.
- **Impetigo\*:** Until 24 hours after treatment began.

- **Influenza\***: Until clinically well and cleared by a health care provider.
- **Measles**: Four days after the rash appears and the child is well.
- **Meningitis\* (all forms)**: Until certified by a physician as cured and not infectious.
- **Mumps**: Until nine days after onset of parotid gland swelling.
- **Pediculosis (Head Lice)\***: From the end of the day until after the first treatment.
- **Pertussis (Whooping Cough)**: After five days of appropriate antibiotic therapy.
- **Poison Ivy, Oak, Sumac**: No exclusion.
- **Poliomyelitis\***: Ten days from the onset and certified as not infectious by a physician.
- **Rash\***: Until diagnosed by a physician plus certification that the patient is under adequate treatment or is not infectious.
- **Rubella (German Measles)**: Until six days after onset of rash.
- **Scabies\***: Until certified by a healthcare provider that adequate treatment has been given to prevent transmission.
- **Strep Throat or other strep infections**: Until 24 hours after initial antibiotic therapy and until fever-free without fever-reducing medication after one full day at home (see exclusion timeline above) **and** cleared by a healthcare provider.
- **Tuberculosis (active)\***: Until the healthcare provider states the child is on appropriate therapy and can attend childcare.
- **Vomiting**: Until 24 hours have passed with no symptoms

**\* These illnesses require a doctor's note in order for your child to come back to school.**

### Return policy after a hospital stay

If your child has been admitted to the hospital for any reason, we require a doctor's note which states:

- that the child may return to school
- whether or not there are any restrictions on the child's activities.

### Medical Forms

Connecticut State Law requires that children who attend our school must have had a physical examination by the family doctor within one year. The results of the current medical exam must be completed, state-approved Health Assessment Record Form. We recommend that parents keep a copy of the current, completed medical form at home for their records. As per state licensing regulations, if a current, completed medical form is not in our files on the first day of school; your child CANNOT be permitted to start school. Children must be current for routine screening tests and immunizations according to the schedule listed on the State of Connecticut Early Childhood Health Assessment Record.

Your child's medical form may expire during the school year. We will contact you a month in advance so that you will have time to make an appointment for a physical. In accordance with Connecticut State Law you now have a 30-day allowance from the date that it expires. Please help us by scheduling an appointment in advance for the needed physical. When a child is overdue for any

routine health services, parents/legal guardians must provide evidence of an appointment for those services before the child may attend school.

### **Flu vaccine**

The Connecticut State Department of Health requires that all children enrolled in childcare programs have a flu shot. The shot needs to be given before December in the school year the child is attending. A record of the shot needs to be on the Health Record or on a separate form.

### **Medical exemption**

Connecticut Public Act No. 21-6 has eliminated the religious exemption to school vaccine requirements. Only medical exemptions to vaccination requirements are permitted.

If your child's physician determines that vaccinations are medically unsafe for your child or that an alternative vaccination schedule is medically beneficial, then [this form](#) must be completed and returned to our nurse consultant.

### **Snacks for children with allergies and food intolerances**

All families will be providing snacks, please note that children may not bring peanut, sesame, or tree nut products for snack or lunch. All children will wash their hands at the beginning of the school day and before eating their snack or lunch.

### **Allergen Policy**

Our building cannot be deemed allergen-free because peanut, sesame, and tree nut products are used in the Animal Hall.