

Sickness Guidelines

Most parents are quick to realize if their children are really sick, but what about those gray areas? Are they coming down with something? Shouldn't the contagious period be over by now? What about mild symptoms? Here is a quick reference guide to aid in those last minute judgment calls. Let's be conscientious about having a healthy program for all the children.

Symptom	Recommendation
Cold	Basic rule: if discharge is clear, child is safe. However, children that may need mouth or nose wiped frequently can be demanding on the volunteers, so please use discretion
Fever	A child who has had any fever on Saturday, should not come on Sunday morning. Twenty-four hours free of fever are needed to be considered free of infection.
Sore Throat	Unless accompanied with other symptoms (such as fever), consider safe and simply judge by how the child feels.
Ear Infection	Not considered infectious in itself, but the cold that sets it up is, so go by those symptoms.
Eye Discharge	If discharge is wiped away, and new discharge returns, there is probably an underlying infection, and should be considered contagious.
Antibiotic	Child is no longer contagious after twenty-four hours on antibiotics and fever free.
Diarrhea	More than two abnormally loose stools in a single day should be considered infectious and given a 24 hour waiting period.