



COMMISSION SCOLAIRE CENTRAL QUÉBEC
CENTRAL QUÉBEC SCHOOL BOARD

Health & Wellness Policy




We have learned over the years that many doctors have different diagnosis as well as their rules as to when a child may attend school. Therefore, we implement and follow the standards set out in this policy. If your child has a contagious illness, please note that that a child requires a doctor's note before returning to our care the note must say:

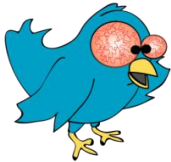



"Child is NOT contagious".





Many communicable diseases are as contagious before the start of symptoms as afterward. For this reason, parents are encouraged to keep their child home whenever the child appears to be ill.





A sick child does not function well at school and his/her presence may affect others. For the protection of the sick child and for the **preventative care** of the other children, your child **may not** attend the program if he/she exhibits any of the following symptoms of medical problems.

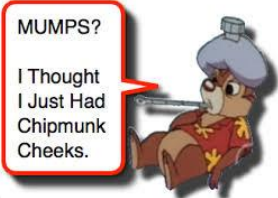
If a child displays any of the following symptoms while in our care, we need to get in touch with the child's parents/guardians, however, if we are unsuccessful, we will then contact those on the child's emergency contact list and will ask for your collaboration and pick up your child please do so promptly.


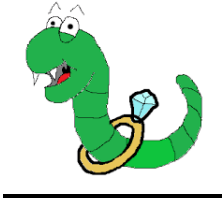

<u>ILLNESS OR SYMPTOMS</u>	<u>DESCRIPTION</u>	<u>HOW IT IS SPREAD</u>	<u>RECOMMENDATION FOR ATTENDANCE AT SCHOOL</u>
<p style="text-align: center;"><u>FEVER</u></p> 	<p>A fever is considered a temperature of 100.4 degrees F (38 degrees C) Signs and symptoms that may accompany fever are: excessive crankiness, vomiting, diarrhea, cough, rash, earache, headache, sore throat and crying.</p>	<p>A fever is often the body's way of indicating there is an infection or illness. It can be spread many ways: through droplets in the air, stool, direct physical contact or contaminated objects.</p>	<p>Child may return 24 hours after fever has subsided (without the aid of medicine such as Advil or Tylenol).</p>
<p style="text-align: center;"><u>HEAVY MUCUS (YELLOW OR GREEN)</u></p> 	<p>When a child's nose is <u>constantly</u> running green or yellow. This means your child has an infection, possibly a common cold virus (which is still contagious to others).</p>	<p>The germs that cause colds, strep throat, etc. are found in the saliva and secretions of the nose. Quite often, children wipe their noses with their hand and then touches a toy etc. passing it on to the next person who touches it.</p>	<p>Child may return when mucus is clear or has subsided.</p>
<p style="text-align: center;"><u>COMMON COLD</u></p> 	<p>This is an <u>easily</u> spread contagious virus. Symptoms may include: runny nose, sore throat, congestion, sneezing, coughing.</p>	<p>The germs that cause colds are found in the saliva and secretions of the nose. Quite often children wipe their noses with their hand and then touches a toy passing it on to the next person who touches it.</p>	<p>Parents are urged to keep their children home at the first sign of a cold. Many times, symptoms of colds are signs of other childhood diseases and are contagious to others. Child may return when he/she has no symptoms such as green/yellow mucus etc.</p>
<p style="text-align: center;"><u>DIARRHEA</u></p> 	<p>Two or more loose or watery stools in one day is considered diarrhea or a change in the child's usual pattern (both in frequency and consistency).</p>	<p>Germs that cause diarrhea are found in feces. If personal hygiene is insufficient, stool may contaminate hands, food, water, surrounding objects and surfaces where germs can survive for long periods of time.</p>	<p>Child may return 24 hours after diarrhea has subsided and has had a solid bowel movement.</p>




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<p data-bbox="126 275 444 365"><u>PINK EYE (CONJUNCTIVITIS)</u></p> 	<p data-bbox="505 275 824 806">An infection in one or both eyes that is caused by either <u>bacteria</u> or <u>viruses</u>. Symptoms include: scratchy feeling in the eye(s), pain in the eye(s), lots of tears and/or thick drainage from the eye(s). Infection turns the whites of the eye pink or red. Eyelids may stick together with discharge in the morning.</p>	<p data-bbox="857 275 1170 499">Easily spread with direct contact or contamination of the hands with discharge from the infected eye(s).</p>	<p data-bbox="1203 275 1528 730">If a diagnosis of <u>bacterial</u> conjunctivitis is made, child can return 24 hours after antibiotics have been administered as long as child has no more discharge from eye(s). If <u>viral</u> conjunctivitis (i.e. a cold) is made, child can return once all discharge has stopped.</p>
<p data-bbox="147 898 418 940"><u>EAR INFECTION</u></p> 	<p data-bbox="516 898 818 1310">A common infection caused by the germs that cause coughs and colds. Only some children develop ear infections from these germs. Symptoms may include: complaining that ear hurts, fever, crankiness, cold symptoms.</p>	<p data-bbox="867 898 1159 1199">Ear infections are not contagious, the germs that cause them are. They are spread through direct contact with discharge from nose and mouth from sneezing and coughing.</p>	<p data-bbox="1203 898 1528 1121">Child may return 24 hours after medication has been administered if infection is not accompanied by fever etc.</p>
<p data-bbox="191 1360 375 1402"><u>SKIN RASH</u></p> 	<p data-bbox="521 1360 808 1507">Any spots, hives, blotches etc. covering any area of the child's body.</p>	<p data-bbox="857 1360 1170 1549">Depending on the cause of the rash, through direct contact, air droplets, contaminated objects etc.</p>	<p data-bbox="1224 1360 1500 1625">Child must have a doctor's note stating, "<u>Child is not Contagious</u>" and can return 24 hours after medication has been administered.</p>
<p data-bbox="191 1692 375 1734"><u>HEAD LICE</u></p> 	<p data-bbox="509 1671 824 2011">Signs of head lice may include itching of the scalp. Nits (eggs) are half the size of a pin head and usually brownish in color. Once the nits hatch, they are tiny insects that are grayish in color.</p>	<p data-bbox="857 1671 1170 1860">By head to head contact or with contact of personal belongings such as combs, hairbrushes and hats.</p>	<p data-bbox="1208 1671 1516 1860">Child may return once a proper and full treatment has been given and all nits and insects are gone!</p>

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<p><u>VOMITING</u></p> 		<p>Vomiting often means your child is fighting off an illness. It can be spread through air droplets and direct contact.</p>	<p>Child may return 24 hours after vomiting has subsided (without help of medicine such as Advil or Tylenol).</p>
<p><u>GERMAN MEASLES (RUBELLA)</u></p> 	<p>A Mild viral illness. Signs and symptoms may include: fever, headache, swollen glands in the neck and behind the ears and rash.</p>	<p>Through the air by droplets from sneezing and coughing or by contact with discharge of the nose and throat of an infected person.</p>	<p>Child may return 7 days after the rash appears (as long as there is no fever present).</p>
<p><u>RED MEASLES (RUBEOLA)</u></p> 	<p>An intense, sudden-onset, highly contagious viral disease with two stages.</p> <p><u>Stage 1:</u> runny nose, cough, slight fever, eyes sensitive to light and reddened, fever consistently rises.</p> <p><u>Stage 2:</u> high fever, red blotchy rash begins on face then spreads to entire body, little white spots may appear in the mouth on gums and inside cheeks.</p>	<p>Through the air by droplets from coughing and sneezing or direct contact with discharge from nose and throat.</p>	<p>Child may return 4 days after rash has appeared (if there is no more fever).</p>
<p><u>IMPETIGO</u></p> 	<p>A Common bacterial skin lesion. Symptoms may include: a rash with a cluster of red bumps or blisters, which may ooze or be covered with a honey colored crust.</p>	<p>Through direct contact with moist discharge from the rash.</p>	<p>Child may return 24 hours after antibiotic treatment has started.</p>

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<p><u>CHICKENPOX</u></p> 	<p>Signs and symptoms often begin with fever then in a day or two a rash appears that can be very itchy. The rash is red spots that form into fluid filled blisters that become crusty.</p>	<p>Through the air by droplets or by direct contact with fluid in the chickenpox blister.</p>	<p>Child may return once symptoms are gone; roughly 5 days after the rash has appeared (as long as there is no fever present).</p>
<p><u>GASTROENTERITES</u></p> 	<p>An enteric illness caused by a variety of viruses, bacteria and parasites. Symptoms may include: diarrhea, vomiting, fever, abdominal cramps and dehydration.</p>	<p>The germ is usually found in stool and can be spread by hands that have not been washed after using the toilet. Food or water can be contaminated by stool from the unwashed hands of an infected or with the stool of an infected animal.</p>	<p>Child may return 24 hours after being symptom free. Certain bacterial infections (e.g. Shigella, e-coli) may require exclusion until tests are negative.</p>
<p><u>INFLUENZA</u></p> 	<p>A respiratory illness that is caused by a virus. Symptoms may include: fever, chills, cough, headache, runny nose, muscle aches, tired feeling, sore throat.</p>	<p>Through the air by droplets from sneezing and coughing, or by touching objects which have been contaminated by the nose and throat discharge of someone with influenza.</p>	<p>Child may return 6 days after symptoms have started provided they no longer have fever, green/yellow nose or other symptoms that are not allowed at the child care.</p>
<p><u>MENINGITIS</u></p> 	<p>An intense, sudden-onset illness caused by either bacteria or viruses. Symptoms may include: fever, severe headache, vomiting, delirium, irritability, rash, eyes may be sensitive to light, or coma.</p>	<p>Depends on the germ. Often by close, direct contact with nose and throat discharge (from sneezing and coughing) and saliva.</p>	<p>If symptoms develop, get emergency care immediately.</p>

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<p style="text-align: center;"><u>MUMPS</u></p> 	<p>Viral illness. Symptoms may include: fever, swollen glands in front of the ear to beneath the jawbone. Swelling can occur in one or more glands (one-third of infections do not have swelling).</p>	<p>Through the air by droplets from sneezing and coughing and direct contact with saliva and discharge from the nose and throat of infected people.</p>	<p>Child may return 10 days after the swelling first appears (if no fever is present).</p>
<p style="text-align: center;"><u>WHOOPIING COUGH (PERTUSSIS)</u></p> 	<p>A bacterial illness of the respiratory tract with sudden onset. First Symptoms include: common cold, sneezing, runny nose, low-grade fever, and mild cough. Within weeks may have: severe coughing spells followed by a crowing or high-pitched whoop. Mucus discharge and vomiting may occur due to cough.</p>	<p>Through contact with discharge from nose and throat from coughing and sneezing.</p>	<p>Child may return after 3 weeks after whooping cough has begun if untreated and 6 days after child starts antibiotics (if no fever is present).</p>
<p style="text-align: center;"><u>FIFTH DISEASE</u></p> 	<p>A mild viral illness that starts with: a red rash on cheeks which looks like a slap. Often referred as "slap-cheek syndrome". 1-4 days later a red lace-like rash appears, first on the arms then on the rest of the body. Rash will come and go for 1 week. Some children don't become ill. Others may develop mild fever.</p>	<p>Through the air by droplets from coughing or sneezing. By the hands of an infected person or things which have been touched by someone who is ill.</p>	<p>Child may attend with rash as long as the child does not have a fever and a doctor's note is provided stating "child is not contagious". The child is most infectious before onset of the rash and unlikely to be infectious after rash.</p>

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<p data-bbox="180 268 391 310"><u>PINWORMS</u></p> 	<p data-bbox="509 268 820 611">Worms, which look like white threads lay around eggs around the anus. Child may or may not have symptoms, which include: itching around the anus (especially at night), disturbed sleep.</p>	<p data-bbox="857 268 1169 415">The eggs can be transferred on the hands and then to another person or food.</p>	<p data-bbox="1206 268 1523 380">Child may return 24 hours after treated by a physician.</p>
<p data-bbox="175 783 396 825"><u>RINGWORM</u></p> 	<p data-bbox="509 762 820 1073">A fungal disease on the hairless areas of the skin. Symptoms may include: a slightly reddened lesion that is ring shaped with a raised scaly or blister-like edge, itching.</p>	<p data-bbox="865 762 1162 909">By direct contact with humans, animals, or objects in contact with the ringworm.</p>	<p data-bbox="1214 762 1511 873">Child may return 24 hours after anti-fungal treatment has begun.</p>
<p data-bbox="212 1213 358 1255"><u>SCABIES</u></p> 	<p data-bbox="509 1192 820 1766">A parasite, which causes an infection on the skin. Symptoms may include: tiny red bumps, scratch marks or white, curvy thread-like lines that are very itchy, especially at night. Scratching may change appearance. Usually appears on wrists, elbows, waistline, thighs, navel, genitals, abdomen and buttocks but can be anywhere on the body.</p>	<p data-bbox="857 1192 1169 1419">By direct contact with skin or from objects like towels, clothing or bedding if used or touched right away by another person.</p>	<p data-bbox="1214 1192 1511 1304">Child may return 24 hours after treatment has been started.</p>

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<p style="text-align: center;"><u>STREP THROAT</u></p> 	<p>An illness caused by the bacteria streptococcus. Symptoms may include: sudden onset of fever, sore throat with severe pain when swallowing, red throat, swollen tonsils, tender, enlarged nodes in the neck. Must be treated with antibiotics or complications can occur.</p>	<p>Through the air by droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.</p>	<p>Child may return 24 hours after antibiotic has been administered (as long as no fever is present).</p>
<p style="text-align: center;"><u>SCARLET FEVER</u></p> 	<p>An illness caused by the bacteria streptococcus (which also causes strep throat). Symptoms may include: red rash over body which feels like sandpaper, strawberry tongue, high fever, nausea, vomiting. Must be treated with antibiotics or complications can occur.</p>	<p>Through the air by droplets from coughing or sneezing and by direct contact with nose and throat discharge and saliva of an infected person.</p>	<p>Child may attend 24 hours after antibiotic has been administered (as long as no fever is present).</p>
<p style="text-align: center;"><u>HAND FOOT & MOUTH DISEASE</u></p> 	<p>A viral illness which may cause: fever, headache, loss of appetite, painful ulcers in mouth, sore throat, lack of energy, a rash on the palms, fingers and soles of feet.</p>	<p>Through the air by droplets from sneezing and coughing, unwashed hands, as well as contaminated objects (touch by those with the illness).</p>	<p>Child may return once symptoms have subsided. Child may return with rash as long as a doctor's note is provided stating "<u>child is not contagious</u>" (as long as no fever is present).</p>