

Dalhousie Parents Daycare: Sick policy

To come into effect on May 1, 2023.

Health Policies and Practices

The directives below apply to both children and to staff.

Our health policies and practices are designed to ensure the good health of all children and staff. Despite our efforts to maintain a safe, disease-free environment, children contract some illnesses especially during their first year in day care. We ask parents to cooperate with the following:

1. Telephone the Centre to inform the staff that their child will be absent due to illness.
2. Arrange, in advance, alternate care in the event their child does become ill.
3. Keep their child home if they appear ill with fever, vomiting, diarrhea, unknown rash, or infection in the morning before coming to daycare. Staff will not accept the child into the program.
4. Note that if their child becomes ill at the Centre, staff will telephone parents (or the emergency contact person if the parents are unreachable) and ask them to pick up the child immediately.
5. Follow their child's immunization schedule and keep it up to date.
6. Inform the Centre if their emergency contact information has changed.

COVID-19

Children and staff members experiencing COVID-19 symptoms (**cough, shortness of breath, decrease or loss of taste or smell** or a combination of two other symptoms such as **runny nose, sore throat, fatigue, muscle aches and upset stomach**) are **asked to perform a rapid antigen test**. In the event of a positive COVID-19 test result:

- Please notify Dalhousie Parents' Daycare Centre of positive COVID-19 test results.
- Self-isolate until symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms such as vomiting or diarrhea) and do not have a fever.
- If the child or staff member has a positive test result and no symptoms, they do not need to self-isolate unless symptoms develop. If they develop symptoms, they must self-isolate immediately.

If a staff member or child is **living with someone** who tests positive for COVID-19:

- They are not required to self-isolate if they do not have symptoms.
- If they develop symptoms of COVID-19, they should assume that they are positive for COVID-19 and follow these self-isolation instructions.
- For a total of 10 days after the last contact with the person who has symptoms or tested positive for COVID-19, they should:
 - Self-monitor for symptoms and self-isolate immediately if they develop any symptom of COVID-19.
 - Follow the instructions above if they have tested positive on a PCR or rapid antigen test or have symptoms of COVID-19.
 - For staff, continue to wear a well-fitted mask in all public settings.

Note: Dalhousie Parents' Daycare no longer closes cohorts or classes if someone tests positive for COVID-19. Family members or other members of the household who have tested negative and have no symptoms are no longer required to stay home, although they are asked to mask (particularly if they are adults or staff members who are able to mask).

Fever, Vomiting and Diarrhea

When a child becomes ill at the Centre with fever, vomiting and or diarrhea (two liquid bowel movements), the parent will be contacted to arrange for the child to be picked up immediately. In the case of a fever the child may return to the Centre when they are symptom-free* and medication-free for 24 hours. In the case of vomiting and or diarrhea the child may return to the Centre when they are symptom-free and medication-free for 48 hours. In rare situations, an outbreak may be declared by Ottawa Public Health (OPH) if multiple children are sick. In these cases, OPH will determine next steps.

*Symptom-free definitions:

1. Fever: Not on fever reducing medication
2. Vomiting: Has kept food down
3. Diarrhea: Has had a formed bowel movement

Rashes or other potentially contagious conditions

A child with a potentially contagious condition such as an eye infection/pink eye, unknown rash, etc. must be seen by a doctor immediately. The child may return to the centre when the child has been **symptom-free for 24 hours** OR if they have a doctor's note stating that the symptoms are no longer contagious. Note that pink eye can be either viral or bacterial and a doctor must determine which it is.

Other injuries or illnesses

For other injuries or illnesses, (such as **sore throat, runny or stuffy nose, extreme tiredness, headaches, decreased or no appetite**) children may return to the Centre provided their symptoms have been improving for 24 hours OR has been taking any prescribed medications for 24 hours OR has a doctor's note indicating they may return to group care. If the child has **two of the above** symptoms, they are also asked to have a negative COVID-19 rapid test.

Note: Dalhousie Parents' Daycare follows recommendations from Ottawa Public Health, which may at times provide different directives than those stated here. If you are ever unsure, please ask.

Children who require the constant attention of one educator throughout the day or are unable to participate in group activities and/or outdoor play should remain at home.

Approved:

Board of Directors April 27, 2023

Staff April 21, 2023

Morning Wellness check for parents:

Your child *must* stay home if they:

1. Have a **fever** (above 37.8 C). *They may return when fever and medication-free for 24 hours.*
2. Are **coughing, shortness of breath or decrease or loss of taste or smell**. *They may return after symptoms are improving for 24 hours and after a **negative COVID-19 rapid test**.*
3. Have a **positive COVID-19 rapid test**. *They may return after **symptoms** have been improving for at least 24 hours. If they live with someone who has tested positive, they may attend the day care, **if** they are symptom-free, but must self-isolate immediately if symptoms develop.*
4. Are **vomiting** or have **diarrhea**. *They may return after 48 hours being symptom-free.*
5. Have a **rash** or **eye infection**. *They must see a doctor for permission to return.*
6. Are unwell with **sore throat, runny nose, headache, extreme fatigue or lack of appetite**. *They may return when symptoms are improving for 24 hours. If they have a **combination of two** of the above symptoms, they also asked to have a **negative COVID-19 rapid test**.*