

## HEALTH POLICY 2026

The health of your child is of the utmost importance to us. CDC and NYS Office of Children and Family Services requires that precautions be taken to safeguard the health of all children enrolled. This includes excluding children from attending with symptoms outlined below. Please notify the classroom when your child is out sick and if a specific diagnosis is confirmed. The school will notify families and staff about any illnesses that are deemed contagious. Classroom staff will conduct daily health checks on each child which may include temperature checks, questions about scrapes, bruises, etc. that are visible.

**In the event of illness, the following policies and procedures must be followed:**

Symptom/Diagnosis	When Child will Be Sent Home or Excluded	When Child may Return
Fever	If your child has a temperature of 100.0 or higher.	The child must be fever free for 48 hours without fever reducing medication before returning to school.
Respiratory Symptoms	If a child exhibits difficult or rapid, shallow breathing or severe coughing, the child shall be excluded from the program. If the child makes high pitched croup or barking sounds after he/she coughs, and the child is unable to lie comfortably due to continuous cough, the child shall be excluded from the program.	When exclusion criteria are resolved or with a doctor's note stating the child is not contagious and the child can cope with the routine activities of the program.
Cold Symptoms: Nasal Congestion, Sneezing, Watery eyes, Cough	If accompanied by fever (see fever criteria above).	The child must be able to cope with routine activities of the program. The agency may require a doctor's note stating the child is not contagious.
Diarrhea	After 2 occurrences within a 24-hour period.	When diarrhea subsides for 48 hours without medication or doctor's note stating child is not contagious.
Active Head Lice	When live nits/eggs are present.	When exclusion criteria are resolved and 48-hrs after first treatment.

Hand, Foot & Mouth Syndrome	<p>When spots/bumps/lesions are noticed or present in the following areas:</p> <ul style="list-style-type: none"> <li>• Hands, feet &amp; mouth</li> <li>• Diaper area</li> <li>• Thigh/legs</li> </ul>	<p>The child must be fever free for 48 hours without fever reducing medication before returning to school. If lesions or spots are still present, the child must have a doctor's note stating when the child is no longer contagious.</p>
Irritability	If irritability cannot be redirected and/or prevents child from being able to participate comfortably and safely.	When child can participate comfortably in the routine activities of the program.
Itching	If itching is suspected to be caused by any of the following: Scabies, Impetigo, or Ringworm.	When exclusion criteria are resolved or with a doctor's note stating the child is not contagious.
Appearance or Behavior Changes -Lethargy	If the child looks or acts differently, is lethargic, pale, lacking appetite, confused, irritable, or difficult to awaken, the child should remain at home for further observation.	If the child is not able to participate in the daily activities and routine of school, they should remain at home. When exclusion criteria are resolved.
Eye Discharge -Pink Eye (Conjunctivitis) - Allergies	<ul style="list-style-type: none"> <li>• Thick mucus or pus from eyes</li> <li>• When discharge is noticed</li> <li>• Pinkish/red swollen or irritated eyes</li> </ul>	When exclusion criteria are resolved or with a doctor's note stating the child is not contagious and has taken medication for at least 24hrs.
Rash	<p>When unidentified rash is noticed and is accompanied by:</p> <ul style="list-style-type: none"> <li>• Behavior change</li> <li>• Persistent itching</li> <li>• Fever</li> <li>• Has oozing/open wound/sores</li> <li>• Child is unable to participate in activities.</li> </ul>	When exclusion criteria are resolved or with a doctor's note stating the child is not contagious and can return.
Strep Throat	If child has a positive strep culture.	After at least 24 hours of antibiotic medicine and note with return date to program.
Vomiting	After one occurrence within a 24-hour period. (Gagging/minimal	When vomiting subsides for 48 hours without

	drool/spit-up due to excessive crying/anxiety does not constitute vomiting).	medication and able to participate comfortably in the routine activities of the program.
--	--	--

Should your child have an illness diagnosed by the doctor as a contagious disease, you must notify the Director immediately so that other parents can be informed that their children may have been exposed to a contagious disease. Some of these include conjunctivitis, chicken pox, bronchitis, fifth disease, Coxsackie virus, lice, scabies, measles, mumps and impetigo. We are required to report any communicable diseases to the Albany County Health Department. It is a state regulation that a physician's release is required for re-admittance to the preschool following a contagious illness. If your child is too ill to play outside, please keep him/her at home.

If your child becomes ill at school, you will be notified immediately and will be expected to pick up your child within the hour. In the event a parent cannot be reached, the person listed on the child's emergency form will be notified and asked to come for your child. An ill child may not remain at the Center for any reason. In case of severe illness or injury, the Center staff will call for an ambulance to take the child to the nearest facility, which offers emergency treatment, or to the facility requested by the parents, on behalf of the parents. Parents are to inform the Center in writing when there are changes in address, telephone numbers, or name of persons designated to pick up a child.

**Medications:** It is a state regulation that to administer any type of medication to a child, we must have a *Written Medical Consent Form* signed by the child's physician and parents.

Prescription medications must be in the original container labeled with your child's name, date, directions and the physician's name. We will administer the medication only as stated on the label directions. We will not administer expired medications.

Non-prescription medications are to be labeled with your child's name and date it was given to us. It must be in the original container and administered according to label directions. If label directions indicate "CONSULT PHYSICIAN", we must have directions in writing by a health professional.

Medications requiring refrigeration are to be given to your child's teacher to be refrigerated. NO MEDICATION OF ANY TYPE IS TO BE IN A CHILD'S CUBBY OR BAG. This includes cough drops, etc.

**Mandated Reporter:** As a childcare provider, the Spotted Zebra Learning Center is a mandated reporter of child abuse and maltreatment. Mandated reporters are those individuals who must report, or cause a report to be made, whenever they have reasonable

cause to suspect that a child coming before them, in their professional or official capacity, is abused or maltreated. The Spotted Zebra Learning follows the procedures and guidelines set forth by the NYS Department of Children and Family Services and Child Protective Services.