



## Guidelines for Wellness

### U.B.C. Okanagan Child Care

Young Children are just developing their immune systems and are vulnerable to the spread of illness. These guidelines are meant to support the wellbeing of all children enrolled in our group settings where illnesses are easily spread from child to child. UBC Okanagan Child Care practices adhere to guidelines developed by Interior Health.

Although we acknowledge these guidelines may seem difficult at times, it is important to abide by them to help provide the safest and best possible care for your child.



Source: UBC Child Care Services  
(Revised December 2017)

### Good Health Practices

- ❖ Tell staff if your child has been exposed to any communicable disease, including but not limited to: chicken pox, pertussis, whooping cough, measles, pinkeye, strep throat, and gastroenteritis; so that staff can closely monitor the situation.
- ❖ Reinforce hand washing with children on arrival/departure from the daycare and especially before & after eating and after toileting.
- ❖ Remind your child to cover coughs and sneezes with their arm.
- ❖ Keep all immunizations up to date.
- ❖ Open and honest communication between parents and staff is essential to quality childcare. Keep the staff informed of any changes to your child's health.



### When your child becomes ill at daycare

Staff must consider the needs of the individual child as well as the needs of the group. If your child becomes ill while attending daycare and requires one to one care, the staff will contact you requesting that your child be picked up immediately.

In the event that we are not able to reach you after 30 minutes, your emergency contact person will be called and requested to come and pick up your child. **You are required to maintain up to date contact information on your emergency contact list.**

### When your child is ill

Our Programs include outdoor play activities in all weather and temperatures. If your child is too ill to participate in a full range of play activities, please keep your child at home.



If your health care provider has prescribed medication keep your child at home for 24 hours after receiving the 1<sup>st</sup> dose of medication before returning to child care. This allows time to bring the infection under control, and also lets your child rest comfortably.

### **Medications**

All medications to be given by the child care staff must be prescribed by the child's health care provider and be in the original



container and in English. Any over the counter or homeopathic medications must also be prescribed by the child's health care provider. All directions for administering medications must be written on a medical form provided by the child care staff, completed by the guardian and given directly to staff, along with the medication.

### **Colds**

With severe colds a child may become cranky, sleepy or listless, have a cough that won't go away and /or green or yellow nasal discharge. If your child shows these symptoms, please keep your child at home.

### **Fever**

A child with a fever over 37.8°C (100.4F) must be kept at home. If your child has a fever during the night and still requires

medication to keep the fever down, please keep your child at home to control the fever and prevent the spread of illness. If you give your child any medication, please inform the staff.

### **Diarrhea**

Diarrhea is repeated bowel movements which have an unusual appearance or odour and are often watery. If your child has diarrhea while at childcare, the staff will contact you requesting that your child be picked up immediately. If your child has diarrhea during the night and shows signs of illness, keep your child at home to insure a speedy recovery and to limit the spread of the illness. Children can return to childcare 48 hours after the last episode of diarrhea.

### **Vomiting**

If your child vomits due to an illness, you will be contacted immediately and requested to come and pick up your child. Children can return to the program 48 hours after the last episode of vomiting.

### **Rash**

Any unidentified rash must be diagnosed by the child's health care provider before the child returns to care. A health care provider's note specifying that the rash is not contagious will be required when the child returns.

### **Pinkeye/Conjunctivitis**

This is an extremely contagious condition and must be diagnosed by a health care provider. If your child's health care provider prescribes antibiotics for your child you can return to the child care program 24 hours after the first treatment. An eye infection that is not treated with prescribed medication will require a medical practitioner's note stating that the infection is not contagious.

In the event of an outbreak, (3 or more children with vomiting or diarrhea in a short period of time) the centre for Disease Control will make recommendations that we must follow.

If you have any questions or concerns please contact the daycare staff.