

Sample Health Contract

Our child care facility has the responsibility to keep the spreading of illness to a minimum. We take the following steps to ensure this:

- *We require staff and children to wash hands upon entering the center.*
- *Staff and children wash hands regularly throughout the day.*
- *We disinfect toys and equipment on a regular basis.*
- *Our bathrooms are cleaned and disinfected throughout the day.*
- *We require documentation of immunizations prior to starting care in addition to annual updates.*
- *We notify parents of any communicable disease outbreak at our center.*
- *We strictly and consistently enforce our Health Contract.*

Staff will check all children for signs of illness when they arrive at the center and throughout the day. If the following signs of a possibly contagious illness are present, a child will not be admitted to the center that day, or will be excluded. The parent will be called to pick up their child. Due to the additional care required when a child is ill, we request parents pick up their child within 1 hour.

Staff members will follow the same exclusion criteria as children and not come to work, or will leave if these signs develop.

Children and staff with the following symptoms will be excluded:

- Appears to be severely ill—e.g., lethargy/lack of responsiveness, irritability, persistent crying, difficulty breathing, or having a quickly spreading rash.
- Fever (temperature above 100 ° F axillary [armpit] or 101° F orally) **and** behavior change or other illness symptoms (e.g., sore throat, rash, vomiting, diarrhea).
- Vomiting on 2 or more occasions in the past 24 hours.
- Diarrhea—defined by watery stools. Diapered children whose stool is not contained in the diaper and toilet-trained children with diarrhea causing “accidents” require exclusion from care. In addition, children with diarrhea should be excluded if the stool frequency exceeds 2 or more stools above normal in a day for that child.
- Blood or mucus in the stools not explained by dietary change, medication, or hard stools.
- Persistent abdominal pain (continues for more than 2 hours) or intermittent abdominal pain along with other illness symptoms.
- Mouth sores with drooling unless the child’s physician states the child is not infectious.
- Rash with fever or behavior change, until a physician has determined the illness is not contagious.
- Head lice or ringworm until after the first treatment. (If head lice or ringworm is discovered while in care, parents will be notified. The child can remain in care that day but must receive treatment before returning.)
- Chickenpox (varicella) until all lesions have dried or crusted.
- Impetigo, until 24 hours after treatment has been started.

- If multiple children have similar symptoms, exclusion may be required.
- Any child determined by the health department to be contributing to the transmission of illness during an outbreak.
- Any child who requires more care than can be given by staff in a group setting or a child who is unable to participate in regular daily activities.

Temperatures are taken with a digital thermometer. Oral temperatures are taken on school-age children; under arm (axillary) temperatures are taken on all other children. No rectal temperatures are taken. We do not administer medicine to regulate a child's temperature.

Following an illness or injury, children will be readmitted to the program when:

- They are able to participate in regular daily activities.
- The child has been on appropriate medication or has been symptom-free without medication for at least 24 hours.

There may be times when it is necessary to present a doctor's note to indicate an illness is no longer infectious. Staff may recommend or request that you consult with your child's physician. Please remember that your child must be able to participate in our regular daily activities to be in care. The final decision on whether to exclude a child is made by the director.

Following surgery or injury requiring medical care, a note from the physician stating that the child may return to routine child care activities and environment may be required.

I have read the illness criteria and agree to follow it in determining when to keep my child home. I understand it is important that children be removed from the center when ill to limit the spread of germs to other children and staff.

I agree to pick up my child when he/she becomes ill at the center within one hour after I am contacted and agree to keep my child home until he or she has met the program guidelines before returning to care.

Child's Name

Parent Signature

(Both parents are required to sign.)

Parent Signature