

**WEST DES MOINES UNITED METHODIST EARLY LEARNING PRESCHOOL
SICK POLICY
8-1-20**

In order to decrease the chance of spreading illness to others at school, our nurse consultant from Every Step requires the following:

A. Preschool will post a notice in the event that children in that class have been exposed to a communicable disease, this includes COVID-19

B. Implementation of the following sick policy~Please keep your child home if he/she has any of the following reasons for exclusion:

1. COVID-19—

a. Encourage staff and children to stay home when they are sick. Symptoms of COVID-19 can appear 2-14 days after exposure and may include:

- Fever (100.4 and above)
- Cough
- Shortness of breath
- Sore throat or any other respiratory symptom
- Headache
- Chills
- Fatigue
- Muscle or body aches
- New loss of taste or smell

b. Exclusion and Isolation Guidelines—situations that require exclusion

- Having symptoms for COVID-19 (this includes those testing PCR positive and those who are not tested)
- Having no symptoms for COVID-19 and testing PCR positive
- Travelling internationally or travelling on a cruise ship, including river cruises
- Having direct contact (within 6 feet for 15 consecutive minutes) with a someone who has tested positive for COVID-19

c. When to start and end quarantine

- Staying home for 14 days after your last contact with a person who has COVID-19
- Quarantining since symptoms can appear 2 to 14 days after exposure to the virus if you have direct contact with an individual with COVID-19, even if you test PCR negative
- Quarantining for 14 days from date of additional contact or 14 days after the person with COVID-19 meets the criteria to discontinue home isolation if you have had additional close contact or cannot avoid continued close contact with someone who has COVID-19 (household contact)

d. When to return to preschool after exclusion due to testing PCR positive

- staff member or child with symptoms for COVID-19 must stay home until—
 - + fever free for at least 24 hours without the use of fever reducing medications
 - + symptoms have improved

- + at least 10 days have passed since your symptoms first appeared
- staff member or child with no symptoms for COVID-19 but testing PCR positive must stay home until—
 - + at least 10 days have passed since first positive test
 - + continue to have no symptoms since the test
- e. When to return to preschool after exclusion for symptoms and testing PCR negative
 - staff member or child with symptoms for COVID-19 and tested PCR negative and does not have close contact with a person who tested PCR positive for COVID-19 must stay home until—
 - + fever free for 24 hours (without use of fever reducing medication)
 - + symptoms have resolved for 24 hours
 - staff member or child with symptoms for COVID-19 and tested PCR negative and does have close contact with a person who tested PCR positive for COVID-19 must stay home until—
 - + 14 days after last exposure to that person
- 2. Other reasons for exclusion-
 - a. had a temperature of 100.4° or more in the past 24 hours—must be fever-free for 24 hours without the use of fever-reducing medication
 - b. vomited in the past 24 hours—must be kept home one full day after vomiting
 - c. had diarrhea in the past 24 hours—must be kept home one full day after having diarrhea
 - d. a bacterial infection (strep throat, pink eye, etc.) that has not been treated with antibiotics for 24 hours, and in the case of pink eye if either eye has drainage
 - e. a rash—undiagnosed or contagious
 - f. severe, continuous coughing
 - g. a cough with congestion and excessive nasal discharge
 - h. a communicable disease such as chicken pox, impetigo, etc. If your child has been exposed to a communicable disease, he/she should be kept home and the condition should be reported to the director or your child’s teacher.
 - i. head lice—apply treatment before returning to preschool. The incidence of head lice has been increasing over recent years. Weekly checking for head lice as part of your child’s routine hygiene is the parent’s responsibility. While head lice are an extreme nuisance, it is important for parents to understand that head lice do not pose any health hazards.
 - j. any ailment that would impair your child’s learning