

# Suzy's Little Peanuts Day School, LLC - Illness Policy

Updated July 2024

The following symptoms/illnesses/diseases will exclude your child from care:

| Illness/Disease & Incubation   | Signs/Symptoms   | Exclusion & Return   |
|--|--|--|
| <b>Cold/ Flu/ COVID Symptoms</b><br>*See COVID below*                | Runny/stuffy nose, scratchy throat, coughing, sneezing, watery eyes, and fever.  | Exclude if multiple symptoms. Return when 100% symptom free for 24 hours without the aid of medication OR a doctor's note clears them to return and child feels well. *See COVID below.*   |
| <b>Cough</b><br>*See Pertussis and RSV below*                        | Dry or wet cough, runny nose, sore throat, throat irritation, hoarse voice, barking cough.   | Exclude if severe cough, rapid and/or difficult breathing, wheezing(if not already evaluated & treated, Cyanosis. Return when symptoms are 100% resolved or a doctor's note clears them to return and child feels well.          |
| <b>Pinkeye (Conjunctivitis)</b><br>12-72 hours                       | Red or pink, itchy, watering painful eyes, sensitivity to light, green or yellow discharge, swollen eyelids, eyes stuck shut in the morning.   | Exclude until ALL discharge is gone or antibiotic is taken for 24 hours.   |
| <b>Diarrhea</b><br>14-16 hours                                       | Two or more abnormally loose or frequent stools and/or that cannot be contained in the toilet or diaper.   | Exclude until symptom free for 24 hours without the aid of medication.   |
| <b>Difficult or Noisy Breathing</b><br>*See Pertussis and RSV below* | Stuffy nose, sore throat, cough, mild fever, chest discomfort, gasping, cyanotic, drooling, wheezing, whistling sound while breathing, space between ribs retracts while breathing, irritable and feel unwell. | Exclude if fever accompanied by behavior change, looks or acts very ill, has difficulty breathing, blood red/purple rash not associated. Return when symptoms have greatly improved, diagnosed by a doctor and child feels well. |
| <b>Fever</b>   | 100.4 F temperature or higher  | Exclude until symptom free for 24 hours without the use of medication.   |
| <b>Head Lice</b><br>Eggs hatch in 7 days/1 week (multiply quickly)   | Severe itching, small lice eggs (nits), bumpy rash on nape of neck, behind ears and/or crown of head   | Exclude until the child and household have been treated and ALL nits have been removed.  |
| <b>Mouth Sores</b><br>*See Strep throat/Scarlet Fever below*         | White patches on tongue & along cheeks, pain on swallowing, fever, painful yellowish spots, swollen neck glands, cold sore, reddened swollen painful lips, painful ulcers on cheeks or gums.                   | Exclude after diagnosis, if drooling steadily, unable to participate. Return when diagnosed by a doctor and child feels well.  |

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| <b>Rash</b><br><br><b>*See Chicken Pox, Scabies, Impetigo, Measles, Ringworm, Hand, Foot &amp; Mouth and Rosella below*</b> | Could be different with every case. Determining the cause of a rash requires a competent health professional evaluation. | Exclude if rash occurs with behavior change, has oozing/open wound, has bruising not associated with injury, has joint pain, tender red area of size, unable to participate. Return after a doctor has diagnosed, treatment given and child feels well.. |
| <b>Vomiting</b>   | Vomiting, stomach pain   | Exclude until 100% symptom free for 24 hours without the aid of medication and the child feels well.   |

**If your child is unable to participate in our program's activities or they have multiple symptoms they will be sent home.**

**Please let us know ASAP if your child is diagnosed with any of the following.**

**The following are contagious illnesses that we need to post for all families:**

| Illness/Disease & Incubation              | Signs/Symptoms   | Exclusion & Return  |
|---|--|---|
| <b>COVID Symptoms</b>                     | Fever, chills, cough, shortness of breath or difficulty breathing, muscle or body aches, headache, new loss of smell or taste, sore throat, congestion or runny nose, nausea or vomiting, diarrhea | Exclude until 100% symptom free for over 24 hours.  |
| <b>Chicken Pox (Varicella)</b>            | Fever, skin eruption with blister like lesions   | Exclude until all the blisters have dried.  |
| <b>Hand, Foot &amp; Mouth</b><br>3-6 days | Small blisters with reddened base primarily on hands, feet, mouth, tongue, buttocks or throat  | Exclude during acute symptoms and lesions are not weeping. Return when child is eating normally and feels well. |
| <b>Impetigo</b><br>1-10 days              | Blisters, crusts, scabs on skin which are flat and yellow may be weeping.  | Exclude until antibiotic taken for 24 hours and lesions are no longer weeping and forming a yellow crust.       |
| <b>Measles</b>                            | Fever, red eyes, cough, spots on tongue and mouth, blotchy rash 3rd & 7th day, usually lasting 4-7 days  | Exclude from the time of initial fever until 4 days after the rash appears.                                     |
| <b>Meningitis</b><br>1-10 days            | Fever, headache, vomiting, chills, neck pain or stiffness, muscle spasm, irritability  | Exclude until a doctor gives permission to return after treatment.  |
| <b>Pertussis</b>                          | Irritating cough can last 1-2 months, often has a "whooping" sound   | Exclude until an antibiotic is taken for 5 full days.   |

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| <b>Ringworm</b><br>4-10 days   | Red, scaling, itchy, circular lesions  | Exclude unless on prescription and lesions are coverable   |
| <b>RSV</b><br>1-10 days  | Fever, runny nose, cough, and sometimes wheezing   | Exclude until 4 days after symptoms start, fever free 24 hours and can tolerate normal activities. |
| <b>Roseola</b><br>9-10 days  | High sudden fever, runny nose, irritability, followed by rash on trunk   | Exclude until fever free for 24 hours and child feels well.  |
| <b>Scabies</b><br>2-6 weeks-initial exposure<br>1-4 days- reexposure | Mite burrows under skin. Red, itchy rash tends to be in lines or burrows usually on wrist, elbow creases or between fingers. | Exclude for 24 hours after treatment is completed.   |
| <b>Strep Throat/ Scarlet Fever</b><br>1-3 days                       | Red, painful throat, fever, rash   | Exclude until taken an antibiotic for 24 hours and no fever.                                       |

\* This list does not include everything that would exclude your child\*

\*\*All of the above are a result of or inconsideration of VT CDD & CDC regulations.\*\*