

Illness and Exclusion Policy for CPE Deux par deux



Adopted by the Board of Directors

Updated on September 26, 2019

We have developed an illness and exclusion policy to protect the children at CPE Deux par deux and minimize the risk of transmission of viruses. We are aware that excluding your child may be difficult due to your work obligation. That is why we recommend that you prepare a Plan A, B and C from the first day your child attends our Childcare centre in case your child get sent home. Please remember that if sick children stay home, there is less risk of transmission, fewer sick children, and therefore fewer staff absences and less missed work for parents.

For children to attend CPE, they must:

- not have taken acetaminophen, ibuprofen or any other pain- or fever-reducing medicine before arriving at CPE (unless prescribed by a doctor)
- be functioning and able to get through their day with no effort
- be able to go outside
- not have any symptoms which might stop them from functioning

Teachers have 5-10 children (depending on age) to take care of. Unfortunately, a teacher cannot offer individual attention to one child for a whole day. At CPE, we provide a program with a variety of activities, we share our environment with friends who are noisy, and we play outside every day. These conditions are obviously not suitable for sick children.

CPE Deux par deux will exclude any child who:

- has a fever (99.14 °F/37.3 °C taken under the arm)
- is vomiting
- has diarrhea two or more times
- is having trouble breathing and cannot stop coughing
- has a rash
- is lethargic
- has any other condition which CPE considers to be a concern

If your child is excluded, the teachers will have you sign a form indicating the time your child leaves. Your child will only be able to return to CPE 24 hours after experiencing the last symptoms for which he/she was excluded.

For stomach issues, we ask that you wait 48 hours after your child's last symptoms before bringing him/her back to CPE.

In the case of a rash, we ask for a doctor's note to determine the cause of the rash. Depending on the diagnosis, kindly refer to the table below to find out when your child may return to CPE.

We ask for a doctor's note so we can post the nature of the virus and the number of cases, not necessarily to exclude your child. The information is very important for pregnant women and individuals with a fragile immune system.

Pink eye

(Symptoms: eye redness, itching, inflammation, discharge, eyelashes and eyelids with drainage)

CPE Deux par deux will contact you if your child shows one or more of these symptoms. Your child will be able to return to CPE as soon as treatment is administered or when the symptoms disappear.

Lice

Once a case has been discovered or reported, staff members will check all the children. For 10 days after the reported case, a hair inspection will be performed when you arrive at CPE. You must stay during the inspection in case you need to take your child away with you if he/she is infected. Your child may return 24 hours after his/her first treatment and when the eggs and lice have been removed. You can consult the booklet "Lice... Lice... Lice..." on this website for more information: <https://publications.msss.gouv.qc.ca/msss/en/document-000130/>

Please note that CPE Deux par deux reserves the right to change the rules and apply a stricter protocol in the event of an epidemic.

Common cold

Children may attend CPE with a cold, provided that the child can take part in the day's activities and does not have a fever. However, we ask that you keep your child home if he/she has an extremely runny nose (running continuously), the mucus is green or your child is weak.

Flu

Your child must stay home if he/she has a fever (very common with the flu), headache or is very achy.

Exclusion table (Please note that we ask for a doctor's note identifying the childhood disease whether or not the child must be excluded). The CPE will not refund any charges for this doctor's letter.

Disease	Your child may return to CPE
Scarlet fever Streptococcus Tonsillitis Pharyngitis	24 hours after the first treatment, if your child is well enough to take part in activities
Pinworm	24 hours after the start of treatment
Impetigo	24 hours after the start of treatment. Sores must be covered with bandages until they go away.
Measles	5 days after the redness appears
Rubella (German measles)	7 days after the redness appears
Whooping cough (pertussis)	5 days after the start of antibiotic therapy
Roseola	No exclusion if the child is well enough to take part in activities
Fifth disease	No exclusion if the child is well enough to take part in activities
Hand-foot-and-mouth disease	When the rash/scabs have dried and the child is well enough to take part in activities
Chickenpox	When all the spots are dry and the child is well enough to take part in activities

Vaccination

In the event of contagious diseases such as measles, mumps and whooping cough, CPE will ask you to keep your child at home if he/she has not been vaccinated. CPE Deux par deux strongly suggests that your child be vaccinated at the recommended ages. For more information, we encourage you to consult the website

<https://www.quebec.ca/en/health/advice-and-prevention/vaccination/quebec-immunisation-program/> or contact your regional CIUSSS.

Administration of medicines

Daycare and early years centres have to abide by regulatory standards set by the Ministry of the Family, particularly with respect to administration, labelling and storage of medicines.

To provide the best care and safety for children, no medicines can be given to a child without **written permission from a parent** and from a healthcare professional legally empowered to prescribe it. For a prescribed drug, the information recorded by the pharmacist on the drug label is evidence of that healthcare professional's authorization.

Over-the-counter medicines must also be administered **with medical authorization (prescription)**, with some exceptions (see below) set out in the *Educational Childcare Regulation*.

When CPE needs to administer a prescribed medicine:

When you arrive in the morning, you must ask the teacher to sign the medicine administration form. No medicines can be administered without that authorization.

When the treatment is over, the parent is **responsible** for taking the medicine home immediately. It is very important to do so the same day, as CPE might be penalized if an inspector were to visit and there was a medicine with an expired prescription.

Medicines which can be given without a prescription, but which **require written parental permission**:

- Oral rehydration solutions
- Nasal saline solutions
- Diaper rash creams

- Moisturizing creams
- Lip balm
- Sunblock creams

Please note that none of these medicines will be administered without written parental permission.

If you are bringing one of these medicines, please label it with your child's name and make sure you replace it on its expiry date.

We recommend that you wash your hands when you arrive and when you leave.

Thank you for your cooperation!