



Illness Policy

Purpose

To reduce the spread of illness and ensure a safe environment for children and staff in accordance with Alberta Health Services (AHS) guidelines.

General Policy

Children and staff must stay home if they are ill and may return when they are well enough to participate in regular activities and no longer pose a risk of spreading illness.

Symptoms Requiring Exclusion

Children or staff will be excluded from the centre if they exhibit:

- Fever (38°C or higher)
 - Vomiting (2 or more episodes in 24 hours)
 - Diarrhea (2 or more loose stools in 24 hours)
 - New or worsening cough
 - Difficulty breathing
 - Unexplained rash
 - Eye discharge (possible conjunctivitis)
 - Severe sore throat or difficulty swallowing
 - Any communicable disease symptoms (e.g., chickenpox, hand-foot-mouth)
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Return to Care Guidelines

Children/staff may return when:

- Fever-free for 24 hours without medication
 - Vomiting/diarrhea-free for 24 hours
 - Symptoms have improved and they can participate fully
 - Any prescribed treatment has been started (if applicable)
 - Clearance provided if required (for certain illnesses)
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During Care

If a child becomes ill while at the centre:

- They will be separated from the group and supervised
- Parents/guardians will be contacted for immediate pick-up

- The area and any toys used will be cleaned and sanitized
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Medication

- Medication will only be administered with written parental consent
 - All medications must be clearly labeled
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Outbreak Management

- Increased cleaning and sanitization procedures will be implemented
 - Parents will be notified of communicable illnesses
 - Guidance from Alberta Health Services will be followed
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Hand Hygiene

- Staff and children will perform regular hand hygiene:
 - Before and after eating
 - After toileting
 - After outdoor play
 - After coughing/sneezing
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Compliance

This policy follows guidance from Alberta Health Services for illness prevention and control in childcare settings.
