



CHILDREN'S
HOME
SOCIETY OF
CALIFORNIA
www.chs-ca.org

For additional CHS Family Education Program materials, please call (714) 712-7888. For more information about CHS Early Learning and Education Programs, call (888) CHS-4KIDS.

Family Education Program materials and podcasts, and information on CHS programs can also be found on our website at www.chs-ca.org.



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C H I L D R E N ' S H O M E S O C I E T Y O F C A L I F O R N I A

WHEN IS YOUR CHILD TOO ILL TO GO TO CHILD CARE?

HOW SICK IS TOO SICK? RECOGNIZING THE SIGNS



Deciding when to keep a sick child out of child care can be difficult. The following questions can help guide your decision: Will the child be able to comfortably participate in the program's normal activities? Will the child's illness require more attention than the staff can give? Will the sick child affect the health and safety of other children? Remember that if sick children are kept at home, everyone will stay healthier.



Daily Health Check

If your child has any of the following symptoms and an oral fever of 100° or above, they should be excluded from child care:

- Unusual spots, rashes, or bruises not associated with injury
- Sore throat or difficulty swallowing
- Infected skin patches
- Unusually dark, tea-colored urine
- Grey or white bowel movement
- Diarrhea
- Headache and stiff neck
- Vomiting
- Difficulty breathing
- Unusual behavior — Child is cranky; child feels general discomfort or seems unwell; child cries more than usual
- Child does not feel well enough to participate in the normal activities of the program
- Loss of appetite
- Earache



The list is not all-inclusive, and you should consult a physician, particularly if your child's symptoms persist or worsen. A physician will also be able to prescribe a correct course of care for your child's illness. Child care providers are encouraged to follow their individual program's exclusion policies. If your child is sick and you are unsure whether to bring them to child care, consult with your child care provider to understand their policies.

It is helpful if parents are familiar with their employer's policy on time off and prepare a back-up plan for other child care options on those unexpected days.

TO LEARN MORE

BOOKS FOR CHILDREN

GOING TO THE DOCTOR

Anne Civardi, illustrated by Stephen Cartwright

WHEN YOUR ELEPHANT HAS THE SNIFFLES

Susanna Leonard Hill, illustrated by Daniel Wisemen

DRAGONS GET COLDS TOO

Rebecca Roan, illustrated by Charles Santoso

BOOKS FOR ADULTS

TAKING CARE OF YOUR CHILD, NINTH EDITION: A PARENT'S ILLUSTRATED GUIDE TO COMPLETE MEDICAL CARE

Robert H. Pantell, M.D., James F. Fries, M.D., & Donald M. Vickery, M.D.

CARING FOR YOUR BABY AND YOUNG CHILD, 7TH EDITION: BIRTH TO AGE 5

American Academy of Pediatrics/Tanya Altman, M.D., F.A.A.P., & David L. Hill, M.D., F.A.A.P.

ORGANIZATIONS

CENTERS FOR DISEASE CONTROL AND PREVENTION

(800) 232-4636 or www.cdc.gov

NATIONAL RESOURCE CENTER FOR HEALTH AND SAFETY IN CHILD CARE

AND EARLY EDUCATION (888) 227-5125 or <https://nrckids.org>

★ COMMON CHILDHOOD ILLNESSES

★ POSSIBLE SYMPTOMS

★ MOST LIKELY CAUSES

CHICKEN POX

Fever, tiredness, loss of appetite, headache, and/or rash that spreads throughout the body and turns into itchy, fluid-filled blisters

Virus, spread by direct contact with the fluid from sores, throat secretion (saliva or spit), or inhaled air droplets through a cough or sneeze

COMMON COLD

Runny or stuffy nose, sneezing, watery eyes, sore throat, cough, muscle aches, headaches, vomiting, diarrhea, and/or loss of appetite

Virus, spread by direct contact with contaminated objects or inhaled droplets from a cough or sneeze

CONJUNCTIVITIS (pink eye)

Pink or red color in the whites of eyes, swelling of eye and/or eyelid, discharge (pus or mucus), crusting, itching, irritation, and/or burning watery eyes

Allergy, bacteria, virus, or irritant

COUGH

Allergy, asthma, virus, or irritant

DIARRHEA

Frequent soft or loose bowel movements, bloating, vomiting, fever, and/or abdominal cramps

Bacteria, virus, or parasite

INFLUENZA (flu)

Fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness), vomiting, and/or diarrhea

Virus, spread by direct contact with an infected person resulting in inhaled droplets from a cough, a sneeze, or talking

IMPETIGO

Red sores or blisters (common around the nose, mouth, hands, and/or feet), fluid-filled blisters, oozing rash covered by crusted yellow or golden-colored scabs

Bacteria which often comes from a cut, insect bite, or burn, and is spread by direct skin-to-skin contact with fluid from sores

HEAD LICE

Itching, small sores at the base of hair, visible lice (very small insect) on scalp or hair, visible nits (lice eggs) on the hair shaft near scalp

Spread by direct head-to-head contact with infected person or by sharing an infected person's comb, brush, clothing, or bedding

MENINGITIS

Severe headache, high fever, decreased appetite or thirst, nausea, vomiting, lethargy, stiff neck and back, and/or sensitivity to light

Virus caused by bacteria in the mouth and throat

OTITIS MEDIA (middle ear infection)

Earache, fever, headache, pulling or rubbing ears, redness or swelling of the outer ear, trouble hearing, loss of balance, drainage of ear, loss of appetite, and/or fussiness/irritability

Bacteria, virus, frequent colds, or allergy

PINWORM

Local irritation and itching in anal area; small, white worms in anal area

Parasites, spread by ingested or inhaled microscopic eggs, or via contaminated hands and surfaces such as bed linens, clothing, food, toys, and sandboxes

RINGWORM

On skin: red or dark scaling circular patches with raised edges; on scalp: red, scaling of scalp with broken hairs or patches of hair loss

Fungus or fungal infection, spread by direct skin-to-skin contact with infected person or animal; sharing contaminated objects such as clothing, bedding, or towels

ROSEOLA

High fever, rash, irritability, mild diarrhea, decreased appetite, swollen eyelids

Human herpes virus 6 or 7, spread by direct contact with an infected person, including inhaled droplets from a cough, sneeze, or throat secretion (saliva)

RESPIRATORY SYNCYTIAL VIRUS (RSV)

Cough, which may progress to wheezing, decreased appetite, irritability, runny nose, apnea (pauses while breathing)

Virus, spread by direct contact with an infected person, including inhaled droplets from a cough, sneeze, or throat secretion (saliva)

SCABIES

Intense itching, a rash with red bumps or blisters, often in a line and often near wrists, between fingers and toes, and/or around the waist

Mites (microscopic bugs), spread by direct skin-to-skin contact with an infected person, or sharing contaminated clothing, bedding, or towels

STREPTOCOCCAL PHARYNGITIS (strep throat)

Sore throat, fever, red and swollen tonsils, painful or swollen neck glands, headache, lower stomach pain, general discomfort, loss of appetite, and/or nausea

Bacteria, spread by direct contact with an infected person, including inhaled droplets from a cough or sneeze, or direct contact with fluid from sores