



Illness Policy and COVID-19 Safety and Mitigation Plan

We strive to limit the spread of communicable disease and COVID-19 in our preschool and are committed to implementing policies that balance and respect the needs of children, families, and staff in these circumstances.

Our Child Illness Policy is based on the Model Health Care Policies developed by the American Academy of Pediatrics and Local and State Guidelines to help us reduce the spread of COVID-19 and other illnesses.

Masks

Masks are optional indoors provided that current state and county guidance remains unchanged. Students who prefer to mask indoors on campus will be fully supported in their choice to do so. Teachers—owing to either an abundance of personal caution or concern for high-risk people in their immediate families may still choose to wear masks in their classrooms.

Handwashing:

All students and staff will be consistently reminded to wash their hands frequently and well, according to [CDC guidelines](#). Students will be directed to wash their hands at staggered times, and under adult supervision. Hand sanitizer is located at the entry of the classroom as well.

Self-Screening Protocol-Student and Caregiver:

To help prevent the spread of illness and reduce the potential risk of exposure to our employees and students, we ask parents and caregivers to complete a self-screening, prior to coming onto campus, for the following symptoms:

- Cough, runny nose, congestion
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Nausea and vomiting
- Diarrhea

- Feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

Policy for exclusion from school

If a student becomes ill at school, at home or if another person in their household is exhibiting symptoms as outlined below, the student will be asked not to come to school, asked to leave school and go home.

Wellspring Preschool understands that it is difficult for a parent/guardian to leave or miss work; therefore, it is suggested that alternative arrangements be made for occasions when children must remain at home or be picked up due to illness. Exclusion from preschool is sometimes necessary either to reduce the transmission of illness or because the preschool is not able to adequately meet the needs of the child. The following are reasons for Wellspring Preschool to exclude children include (but are not limited to) the following:

- Illness that prevents the child from participating comfortably in program activities, such as going outdoors.
- Illness that results in a greater need for care than our staff can provide without compromising the health and safety of other children.
- Illness that poses a risk of spread of harmful disease to others
- Severely ill appearance
- Fever of 100°F degrees or above (axillary); 101°F or above (orally) or an equivalent measure accompanied by behavior change or other signs and symptoms.
- Fever of 104°F or greater in a child of any age (requires immediate medical attention)
- Diarrhea; watery stools or decreased form of stool not associated with change of diet; child unable to reach the toilet
- Cases of bloody diarrhea and diarrhea caused by Shigella, salmonella, Shiga toxin producing E coli, Cryptosporidium or G intestinalis must be cleared for readmission by a health care professional.
- Blood or mucus in the stools not explained by dietary change, medication, or hard stools.
- Vomiting in the previous 24 hours (unless the vomiting is determined to be caused by a non-communicable condition and the child is not in danger of dehydration).
- Mouth sores with drooling (unless the child's medical provider or local health department authority states that the child is noninfectious).
- Abdominal pain that continues for more than 2 hours; intermittent abdominal pain associated with fever, dehydration, or other signs of illness.
- Rash with fever or behavioral changes (unless a physician has determined it is not a communicable disease).

- Skin sores weeping fluid and on an exposed area that cannot be covered
- Purulent conjunctivitis (defined as pink or red conjunctiva with white or yellow eye discharge) until on antibiotics for 24 hours.
- Impetigo until 24 hours after treatment has been started.
- Strep throat (or other streptococcal infection) until 24 hours after treatment has been started.
- Head lice or nits until after first treatment.
- Rubella, until 7 days after the rash appears.
- Scabies until 24 hours after treatment has been started.
- Chickenpox, until all lesions have dried or crusted (usually 6 days after onset of rash).
- Pertussis (whooping cough) until 5 days of antibiotics.
- Mumps, until 5 days after onset of parotid gland swelling.
- Measles, until 4 days after onset of rash.
- Hepatitis A virus until 1 week after onset of illness or jaundice or as directed by the health department (if the child's symptoms are mild).
- Tuberculosis until the child's medical provider or local health department states the child is on appropriate treatment and can return.
- Any child determined by the local health department to be contributing to the transmission of illness during an outbreak.

Please make plans in advance for the prompt pick up of your child and keep all emergency contact information up to date, should this circumstance arise. **If it is deemed necessary that your child be picked up from school for any reason, this must occur within 30 minutes of the first phone call.**

Children need to remain home for 24 hours without symptoms before returning to the program, unless the center receives a note from the child's medical provider stating that the child is not contagious and may return to the center. In the case of a (suspected) contagious disease, rash, or continuing symptoms, a note from the child's medical provider may be required before the child can return. Children who have been excluded may return when:

- They are free of fever, vomiting, and diarrhea for a full 24 hours.
- They have been treated with an antibiotic for a full 24 hours.
- They are able to participate comfortably in all usual program activities, including outdoor time.
- They are free of open, oozing skin conditions and drooling
 - The child's medical provider signs a note stating that the child's condition is not contagious, and
 - The involved areas can be covered by a bandage without seepage or drainage through the bandage.

If a child is excluded because of a reportable communicable disease, a note from the child's medical provider stating that the child is no longer contagious and may return

is required. The final decision on whether to exclude a child from the program due to illness will be made by the Director.

Note: Notes allowing for a child's return to the center after exclusion due to illness must originate from the child's medical provider. A note written and signed by the child's parent/guardian who is also a physician is not acceptable.

If an employee or student becomes ill on campus, he/she will immediately report to the school isolation room.

- Once the employee or student arrives at the isolation room, we will immediately provide them with a mask and gloves. We will explain that this is to help protect other employees and students and prevent the spread of the potential virus.
- Those attending the suspected infected person, will also wear a protective mask and gloves while working with the suspected infected person.
- The attending employee will direct the ill employee to leave work or call the parent of the student to be picked up and go home.
- The Director will identify persons who may have come in contact with the suspected infected person. Unless required by the local health authority, the name of the employee or student should not be provided.
- Employees and students that they may have been in contact with suspected exposure will carry out self-screening every morning, and based on the results, contact the Director.
- The isolation area and suspected employee's or student's work area/classroom must be thoroughly cleaned and disinfected, in addition to all other common surfaces recently touched by the employee or student.

Students or staff with symptoms of COVID 19 will not be permitted to return to school until they have met the following CDPH criteria:

- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; AND
- Other symptoms have improved; AND
- They have either:
 - a negative test for SARS-CoV-2, OR
 - a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma), OR
 - a healthcare provider has provided documentation of a confirmed alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), OR
 - at least 10 days have passed since symptom onset.

QUARANTINE (IF EXPOSED TO COVID-19)

If your child is vaccinated or unvaccinated:

- Students must test on day 5
- Wear a well-fitted mask around others for 10 days, especially indoors
- If testing positive, follow [isolation](#) requirements
- If [symptoms](#) develop, test, stay home, and contact the Health Center

If a student develops COVID-19 symptoms while in quarantine they need to immediately isolate and follow the policy for symptoms, as stated above.

Isolation – In the event a of Positive COVID-19 infection

This guidance pertains to everyone, regardless of vaccination status, previous illness, or lack of symptoms:

- Stay home for at least 5 days
- Isolation can end after day 5 if there are no symptoms present or they are resolving AND a rapid antigen test collected on day 5 or later tests negative
- If unable to test or choosing not to test, and symptoms are not present or resolving, isolation can end after day 10
- If fever is present, isolation should continue until fever resolves
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings
- If symptoms (other than fever) are not resolving, continue to isolate until symptoms are resolving or until day 10