

# When is your child too sick to attend day care?

A child's illness can create added stress for parents not only because they are concerned about the child's well-being but also because they may feel pressure from jobs and employers. Many children with mild illnesses can safely attend child care. But, a child may be too sick to attend in certain instances.

**Check with your child's caregiver or center's parent handbook for specific policies,** but generally the following guidelines apply:

- The child does not feel well enough to comfortably take part in program's activities.
- The staff or caregiver cannot care for your child adequately without risking the care of the other children.
- The child has a contagious illness diagnosed by a doctor or other health care provider—until treated and/or no longer contagious—such as PINK EYE, SCABIES, HEAD LICE, IMPETIGO, STREP INFECTION, PERTUSSIS (WHOOPIING COUGH), TUBERCULOSIS, CHICKEN POX, MUMPS, HEPATITIS A, MEASLES, RUBELLA (GERMAN MEASLES), ORAL HERPES OR SHINGLES.
- The child has any of the following symptoms, unless a health care provider determines that the illness is not contagious and the child is well enough to attend:
  - Fever above 100 degrees Fahrenheit axillary or above 101 degrees Fahrenheit orally, and the child looks and acts sick;
  - Signs or symptoms of possibly severe illness such as persistent crying, uncontrolled coughing, difficulty breathing, wheezing, and lethargy;
  - Diarrhea—that is, increased frequency of stools, loose or watery stools, stool runs out of diaper, or child can't get to the bathroom in time;
  - Vomiting more than once in the previous 24 hours;
  - Mouth sores with drooling, or
  - Rash with fever or behavior change.