

WHEN TO STAY HOME FROM HELC PRESCHOOL				
CONDITION	SYMPTOMS	STAY HOME FROM PRESCHOOL?		
Vomiting	<ul style="list-style-type: none"> ➤ Throwing up one or more times in the past 24 hrs. 	YES – until there's no vomiting for 24 hrs, or a healthcare provider confirms it's not contagious. Monitor for other signs of illness and dehydration.		
Diarrhea	<ul style="list-style-type: none"> ➤ Loose or watery stools, ➤ Increased frequency of child's normal bowel movements, not caused by food or medicine. ➤ Unusual sudden urge to have bowel movements 	YES – until the diarrhea has ceased for a continuous 48-hour period without the use of medication, or until a healthcare provider confirms that it's no longer contagious. If the volume of stools is unusually high, the child is at risk of dehydration; stay home to rest and ensure proper hydration.		
Fever	<ul style="list-style-type: none"> ➤ Fever above 37.5°C (99.5°F). 	YES – Keep your child at home if their fever is elevated at 37.5°C (99.5°F) and is accompanied by changes in behavior or other signs of illness. They can return to preschool 24 hours after the fever has subsided naturally , without the use of fever-reducing medication.		
Rash	<ul style="list-style-type: none"> ➤ Spreading Rash, Open Wounds, Non-healing rash; bothersome rash ➤ Rash, NO fever, feel the same, NO scratching, NO medication. 	<p>YES – Seek medical advice and ask when OK to return to back to preschool.</p> <p>Usually doesn't require to stay home.</p>		
Cold	<ul style="list-style-type: none"> ➤ Runny Nose ➤ Congestion ➤ Mild cough ➤ Sneezing ➤ Watery eyes ➤ Potential Loss of Appetite 	YES – Keep your child at home until their symptoms get better and they can do their normal activities comfortably. Remember, it's rare to have a fever with a cold. Consult a healthcare professional if you're concerned about their symptoms or if they seem to be getting worse.		
Allergies	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> ➤ Sneezing ➤ Runny/Stuffy Nose ➤ Watery/Itchy Eyes ➤ Coughing </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> ➤ Rash/Hives on Skin <p>Serious:</p> <ul style="list-style-type: none"> ➤ Swelling of Face, Lips, or Tongue </td> </tr> </table>	<ul style="list-style-type: none"> ➤ Sneezing ➤ Runny/Stuffy Nose ➤ Watery/Itchy Eyes ➤ Coughing 	<ul style="list-style-type: none"> ➤ Rash/Hives on Skin <p>Serious:</p> <ul style="list-style-type: none"> ➤ Swelling of Face, Lips, or Tongue 	<p>YES - Keep your child at home until their symptoms get better and they can do their normal activities comfortably.</p> <p>NO – If symptoms are mild and the HELC office has a doctor's note on file regarding the child's allergies</p>
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Norovirus (Norwalk)	<ul style="list-style-type: none"> ➤ Vomiting ➤ Diarrhea ➤ Cramping ➤ Mild fever 	YES – Sick children need to stay home 48 hours after symptoms resolve. The virus can still be present in bowel movements even after diarrhea and vomiting cease.		

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Influenza	<ul style="list-style-type: none"> ➤ Sore throat ➤ Runny nose and/or Congestion ➤ Cough ➤ Fever/chill and/or Body Aches ➤ Headaches and/or Fatigue ➤ Vomiting/diarrhea 	YES – Sick children need to stay home 48 hours after symptoms resolve, without any fever-reducing medicine.		
Respiratory Illness: RSV (Respiratory Syncytial Virus)	<ul style="list-style-type: none"> ➤ Runny nose & Sneezing & Congestion ➤ Cough & Wheezing ➤ Decreased appetite ➤ Fever 	YES – Stay home until fever-free for 24 hrs without fever-reducing medication and symptoms improve. Return to preschool when child is able to participate in usual activities.		
COVID-19	<table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> ➤ Cough ➤ Fever ➤ Soar Throat ➤ Tiredness ➤ Muscle/Body Aches ➤ Loss of Taste/Smell ➤ Headache ➤ Diarrhea ➤ Red/Irritated Eyes </td> <td style="vertical-align: top; width: 50%;"> Serious Symptoms: <ul style="list-style-type: none"> ➤ Chest Pain ➤ Difficulty Breathing ➤ Shortness of Breath ➤ Confusion ➤ Rash ➤ Discoloration of Fingers & Toes </td> </tr> </table>	<ul style="list-style-type: none"> ➤ Cough ➤ Fever ➤ Soar Throat ➤ Tiredness ➤ Muscle/Body Aches ➤ Loss of Taste/Smell ➤ Headache ➤ Diarrhea ➤ Red/Irritated Eyes 	Serious Symptoms: <ul style="list-style-type: none"> ➤ Chest Pain ➤ Difficulty Breathing ➤ Shortness of Breath ➤ Confusion ➤ Rash ➤ Discoloration of Fingers & Toes 	YES – Keep child home if displaying symptoms. Return to preschool based on health guidelines after symptoms has resolved and child is fever-free for 24 hrs without any medication.
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Conjunctivitis (Pink Eye)	<ul style="list-style-type: none"> ➤ Pink or red eye(s) ➤ Excessive Tearing ➤ Eye Discharge might be yellowish, or greenish ➤ Eye Itching and Irritation ➤ Sensitivity to Light 	YES (bacterial or viral) – Keep child at home from preschool until a healthcare provider confirms that the condition is not contagious or until a prescribed treatment has been in use for a certain period.		
Head Lice	<ul style="list-style-type: none"> ➤ Scratching/Itching head ➤ Red Bumps or Sores on scalp 	<p>YES – Treat head lice before returning to preschool; no live lice should be visible.</p> <p>Inform preschool’s ED ASAP; name of the child will remain confidential!</p>		
Communicable Diseases	<table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> ➤ Mumps ➤ Measles ➤ Croup ➤ Whooping Cough ➤ Streptococcal Infections ➤ Hepatitis </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> ➤ Chicken Pox ➤ Herpes ➤ Fifth’s Disease ➤ Hand, Foot & Mouth Disease ➤ Impetigo </td> </tr> </table>	<ul style="list-style-type: none"> ➤ Mumps ➤ Measles ➤ Croup ➤ Whooping Cough ➤ Streptococcal Infections ➤ Hepatitis 	<ul style="list-style-type: none"> ➤ Chicken Pox ➤ Herpes ➤ Fifth’s Disease ➤ Hand, Foot & Mouth Disease ➤ Impetigo 	<p>YES - consult a healthcare provider to ensure a safe return to preschool.</p> <p>Inform preschool’s ED ASAP; name of the child will remain confidential!</p>
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Last revision on August 24, 2023.