

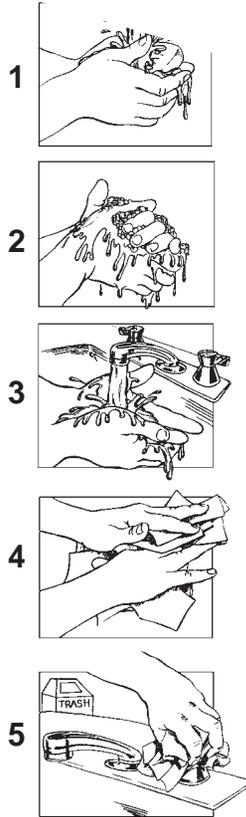
# Proper Hand Washing

Proper hand washing is the best defense in the spread of germs. It is important to do this properly and teach your children as well.

1. Wet hands with warm water and apply soap
2. Form a lather and rub hands together, reaching all areas of the hands

Continue this for 20 seconds (enough time to sing "Happy Birthday" twice)

3. Rinse hands well
4. Dry hands well
  - If someone is sick in the house, use paper towels and throw away in the garbage after one use
  - If no soap and water are available, use alcohol-based hand sanitizer gel and take it with you, so that it will be available anytime.



## Wash your hands before:

Eating; touching and/or cooking food (especially raw food); touching/bandaging a cut or scrape; taking care of someone who is ill; feeding children, someone who is ill or elderly; using the toilet or helping someone use the toilet; using the water table; upon arrival at childcare; when changing rooms or taking care of a new group of children; giving medication.

## Wash your hands after:

Eating; touching food (especially raw meats, poultry, fish and eggs); playing (especially after playing outside – even swimming); using the bathroom or helping someone else use the bathroom; coughing, sneezing or blowing/wiping noses; touching cuts, scrapes, sores or rashes; touching or feeding pets; cleaning pet-poop or pet dishes and beds; taking care of someone who is sick; cleaning up your room; changing diapers; using water table.

# How sick is too sick for childcare?

A parent's guide to decide if your child should stay home from childcare.



A guide from:  
Sara Hammond, RN  
Child Care Nurse Consultant

-----PARTNERS IN PREVENTION-----



Created with the help of IWU Senior Nursing Students, Class of 2008

## Index of Common Childhood Illnesses:

Resources and References .....	page 1
Reasons Your Child Should Stay Home .....	page 2
Reasons to Seek Emergency Medical Attention.....	page 2
Rashes/Skin.....	pages 3-4
General Illnesses .....	pages 5-6
Eyes and Ears .....	page 7
Lungs and Respiratory.....	pages 7-8
Stomach/Gastrointestinal.....	page 9
FAQ.....	page 10
Proper Hand Washing.....	page 11



## Resources and References:

Centers for Disease Control (CDC): ..... [www.cdc.gov](http://www.cdc.gov)  
 Illinois Department of Public Health (IDPH):..... [www.idph.state.il.us](http://www.idph.state.il.us)  
 U.S. Department of Health and Human Services:..... [www.hhs.gov](http://www.hhs.gov)  
 Peoria City/County Health Department: ..... [www.pcchd.org](http://www.pcchd.org)  
 Tazewell County Health Department: ..... [www.tazewellhealth.org](http://www.tazewellhealth.org)  
 Vaccines: ..... [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
 ..... [www.cdc.gov/vaccines/recs/schedules/](http://www.cdc.gov/vaccines/recs/schedules/)  
 Child Care Connection:..... [www.icc.edu/childcareconnection](http://www.icc.edu/childcareconnection)

## Frequently Asked Questions

- Q. *What can I do to prevent my child from getting a common childhood illness?***
- A. The top three (3) ways to prevent a common childhood illness are:**
- Wash hands **before** preparing food or eating a meal. Wash hands **after** going to the bathroom, touching eyes, nose, blood or other bodily fluids.
  - Shots! A schedule of childhood shots is available from the Centers for Disease Control (CDC) web site (see resources). Remember to get a flu shot for your child every year.
  - Cover your cough and/or sneeze! Use a tissue or sleeve to cover a cough or sneeze.
- Q. *My child is sick. When should I take him/her to the doctor?***
- A. Take your child to the doctor if a fever lasts for more than 2 days, a rash doesn't go away, diarrhea or vomiting that lasts for more than 24 hours, or if you notice behavioral changes or loss of appetite.**
- Q. *When can my child go back to school?***
- A. Your child can return to school or childcare 24 hours after a fever, rash, vomiting, or diarrhea is gone or when your doctor says it's okay. Child should not be on acetaminophen or ibuprofen to keep fever down.**
- Q. *What is the difference between strep throat and a sore throat?***
- A. Strep throat is caused by a bacterial infection. Your doctor can swab your child's throat to see if he/she has a strep infection. It is best to get a throat culture to decide if an antibiotic is needed.**

**This booklet is not intended as a substitute for professional medical advice.**

## Stomach

### Diarrhea:

Loose, watery and frequent stools. Most childcare centers require children with diarrhea to stay home in order to prevent spreading the infection to other children.

- Can be caused by a possible infection or food allergy.
- Keep child at home until he/she is well hydrated and passes a normal stool.
- If caused by infection, it is spread by not washing hands after going to the bathroom or contact with infected stools (i.e. after a diaper change) and then touching mouth or food/drink items.

### Shigellosis:

Watery, loose stools that may be bloody, fever, nausea, vomiting and abdominal cramps.

- Keep child at home until stool returns to normal or diarrhea has stopped.
- Spread by not washing hands after going to the bathroom or contact with infected stools (i.e. after a diaper change) and then touching mouth or food/drink items.



Hand-washing is the #1 way to prevent the spread of illnesses.

## General Reasons Your Child Should Stay Home:

*If your child has one or more of these symptoms, keep child home for 24 hours. If this continues for more than 24 hours, take your child to the doctor.*

1. Fever of 100°F (under armpit), 101F (oral), or greater. Your child should stay home for 24 hours after any fever.  
**DO NOT give your child aspirin under ANY circumstance. Using non-aspirin medication like acetaminophen or ibuprofen is recommended.**
2. Vomiting two or more times in previous 24 hour period and/or any Diarrhea unless determined by a physician to be non-contagious, and child is not in danger of dehydration.
3. Redness, swelling, and/or drainage of eye
4. Rash or skin bumps with a fever or behavioral change, unless determined by a physician to be non-contagious.

## Seek Emergency Medical Attention

If your child has any of the following:

- **Fever of greater than 103°F**
- **More than three (3) watery, loose diarrheal stools per hour**
- **More than three (3) episodes of vomiting per hour**
- **Signs of severe dehydration:** *extreme tiredness, glassy eyes, a weak cry, warm and dry skin.*



## Rashes/Skin Diseases

### Chickenpox:

A rash of small itchy blisters that start on the stomach or back and spread to the entire body. Slight fever, irritability, tiredness, lack of appetite may also be noticed.



- Keep child home until blisters are scabbed over.
- Spread by contact with blisters or from sneezing and coughing. **Highly contagious** 1-2 days before rash appears and during blister stage.

### Impetigo:

Fluid-filled blisters that grow, burst, and crust over, becoming honey-colored sores.



- Keep child home until 24 hours after beginning treatment.
- Spread by contact with blisters or with personal items such as combs or towels.
- **Wash all personal items, including sheets, towels, clothing, and combs in HOT WATER.**

### Scabies:

Pimple-like rash caused by small insects called mites found anywhere there are folds. Rash is very itchy.



- Keep child home for 24 hours after treatment begins.
- Spread by contact with rash or with personal items.
- **Wash all personal items, including sheets, towels, clothing, and combs in HOT WATER.** Place items that cannot be laundered in plastic bags for at least 4 days.

## Lungs (continued)

### Pertussis (Whooping Cough):

Runny nose, sneezing, slight fever, and a constant high-pitched whoop or cough. Coughing is more common at night.

- Keep child home for five (5) days after antibiotic treatment begins.
- Keep child home if he/she has fever, rapid or labored breathing, or blue skin color with coughing.
- Spread by contact with secretions from eyes, nose, throat, cough and sneeze.

### Respiratory Syncytial Virus (RSV):

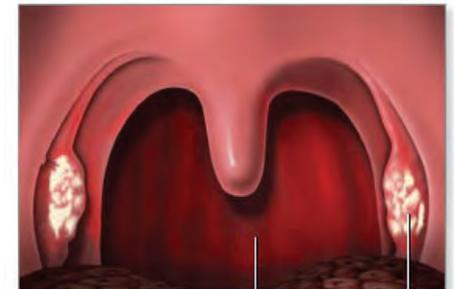
Fever, cough, wheezing, watery eyes, runny nose and sneezing. Young infants may have tiredness, irritability, loss of appetite, and trouble breathing.

- Keep child home 24 hours after fever is gone.
- Spread by direct contact with nose, mouth and contaminated hands.

### Strep Throat

#### (Streptococcal):

Sore throat, fever, fatigue, swollen neck glands, red, swollen tonsils that may have white specks or pus, headache, chills and thickened secretions.



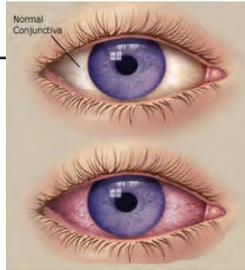
- Keep child home 24 hours after antibiotic treatment begins and child has no fever for 24 hours.
- Spread by direct or indirect contact with nose and throat secretions.
- A throat culture or rapid strep test is the only way to be sure that the illness is caused by strep.

## Eyes and Ears

### Pink Eye:

Red, watery, itchy and burning eyes, swollen eyelids, with drainage from eyes and crusted eyelids. Can be viral, bacterial, or allergy.

- Keep child home 24 hours after fever is gone or until child is no longer in pain.
- Spread by contact with secretions from the eyes, nose, and throat. If allergic, avoid specific trigger, such as pollen. Do not touch eye with hands.



### Otitis Media (Ear Infection):

Tugging at ears, crying, ear drainage, trouble sleeping and hearing problems.

- Keep child home until he/she is no longer in pain.
- Spread by bacterial or viral infections, or the common cold.

**Let your doctor know every time your child gets an ear infection.**

**Chronic ear infections can delay speech development.**

## Lungs

### Pneumonia:

Fever, cough, difficulty breathing, chest pain, rapid breathing and shortness of breath. These could also be signs of asthma.

- Keep child at home for 24 hours after being treated.
- Spread by direct contact with nose and mouth secretions, chemicals.

## Rashes/Skin Diseases (continued)

### Shingles:

Painful blisters that usually start on one side of the body and scab after 3-5 days. Also present may be pain, itching, tingling, fever, headache, chills, and an upset stomach. Since shingles is caused by the same virus as chickenpox, it often occurs years after a chickenpox infection.



- Keep child home until child has had no fever for at least 24 hours, blisters are covered or lesions have been crusted over.
- Shingles is caused by the same virus as chickenpox. Contact with blisters can cause chickenpox.

### Ringworm:

Solid, disc-like lesions that form a ring of red, scaly skin with or without blisters. Rash may or may not itch.



- Keep child home for 24 hours after the first treatment.
- Spread by skin contact, cats/dogs with the infection, or by personal items like combs, towels, clothing, or exercise mats.
- **Wash all personal items, including sheets, towels, clothing, and combs in HOT WATER.**

### Roseola:

Pinkish-red flat or raised rash that starts on the stomach or back and spreads to the neck, face, arms and legs. Rash may turn white when pressed on. Child also has a high fever that may go away as the rash comes.



- Keep child home for 24 hours after fever is gone.
- Spread by sneezing and coughing.

## General Illnesses

### Common Cold:

Sneezing, runny nose, chills, watery eyes, and a feeling of all-over achiness.



- Your child may not need to stay home as long as the child is comfortable and has had no fever for at least 24 hours. Viral infections are spread even before symptoms appear.
- Spread by contact with secretions from the nose, mouth or throat.

### Head Lice:

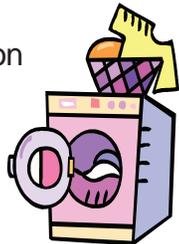
Itching of the scalp and neck with crawling lice, small eggs (nits) and scratch marks.

- Keep child home until the morning after treatment and all lice eggs(nits) are removed.
- Spread by contact with hair and scalp and by sharing personal items such as combs, brushes, hats, and pillows.



### Treatment:

- Use over-the-counter lice-killing shampoo or lotion on your child's head.
- Wash all sheets, pillow cases, towels, clothing, linens and stuffed animals in HOT WATER.
- Vacuum carpet, car seat and couch.



*Pesticides or fumigation is not necessary to remove lice.*

*Nits can only live 7-10 days once removed.*

### Influenza (Flu):

Fever, headache, extreme tiredness, dry cough, sore throat, runny nose, muscle aches, and nausea, vomiting, and diarrhea.



- Keep child home until child has had no fever for at least 24 hours.
- Spread by contact with nose, mouth or throat secretions.
- Get a yearly flu shot for yourself and child to prevent influenza.

## General Illnesses (continued)

### Meningitis:

Sudden onset of fever, chills, tiredness, irritability. Child may also have rash, vomiting, headache, stiff neck and lack of appetite.

- Keep child at home until he/she has been treated by a doctor.
- Spread by sneezing and coughing or by not washing hands after going to the bathroom.
- Can be bacterial or viral

### Mononucleosis:

Fever, sore throat, tiredness, swollen glands. May have rash, yellowing of the skin or eyes, and an enlarged spleen.

- Spread by contact with saliva (spit) and sharing items that touch saliva (ex. toothbrush).
- Child may go to childcare unless he/she has a fever with a behavior change, or is unable to participate and childcare staff cannot care for health and safety of other children.

Mononucleosis causes:

- Fever
- Fatigue
- Sore throat
- Swollen lymph glands

