

Health and Illness Fact Sheet

In order to maintain a healthy and safe environment in our childcare settings, we have an extensive Health and Illness Policy in place.

This is an overview of symptoms, what to do next, and when your child can return to the centre.

Use this chart to determine if your child can attend today. Please email or call to notify us of any absences.

Symptom	Next Step	Return to Childcare
Fever (Temperature measured on forehead or ear greater than 38.0°C, mouth or armpit greater than 37.5°C)	Stay home until...	Temperature measured on forehead or ear less than 38.0° C, mouth or armpit less than to 37.5°C for 24 hours without medication
Chills	Stay home until...	When symptoms are improving and child can actively participate in the program
Continuous cough (coughing often)		
Difficulty breathing		
Severe sore throat		
Loss of appetite		
Headache		
Body aches		
Extreme fatigue/tiredness		
Nausea or vomiting	Stay home until...	24 hours free of vomiting and nausea
Diarrhea/irregular bowel movement (2 bouts)	Stay home until...	24 hours after one regular bowel movement
Skin infections, undiagnosed rash, goopy infected eyes, or signs of any contagious disease	Stay home until...	Medical clearance from a medical professional that it is not contagious, or 24 hours after child has started prescription antibiotics
Any parasite related condition	Stay home until...	Medical clearance from medical professional
Open sores from contagious viral/bacterial infection	Stay home until...	When sores have scabbed over
Consistently thick discharge from nose that is green/yellow in colour	Stay home until...	Symptom free (runny opaque noses are considered symptom free)
Any signs of reportable communicable disease as defined by the BCCDC	Stay home until...	Medical clearance from a medical professional and be symptom free
Positive test result of Covid-19	Stay home until...	When all three of these conditions are met: 1. At least 5 days have passed since symptoms started, or from test date if they did not have symptoms. 2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen. 3. Symptoms have improved.

Important Notes:

Any adult who has tested positive with COVID-19 in the last 5 days cannot do drop offs and pick ups.

For any one unvaccinated with symptoms please refer to the BCCDC website for isolation instructions.