

CENTRE DE LA PETITE ENFANCE CPE du YM-YWHA

HEALTH PROTOCOL

This Health Protocol is to maintain the high standards of health at the "Centre de la Petite Enfance du YM-YWHA". If your child presents with any new health challenge, it is imperative that you inform the

administration as well as your educators. Any medication must

All children are to be kept at home when ill, not only to recuperate, but also as a community responsibility to the others in the group.

The following needs are taken into consideration when a decision is made as to whether a child should remain at home:

- ☐ child's comfort
- ☐ avoidance of contagious illness spreading
- ☐ disruption to the flow of the group
- ☐ and not being able to meet the child's individual needs

It is the parent's responsibility to prepare themselves and their child in advance for home care when a child is sick, either by arranging flexible days off for themselves, or by acquainting their child with relatives or baby-sitters who are available on call.

We understand and empathize with the reality of keeping a sick child at home, however a day care center has the responsibility to ensure that health standards, well-being and the comfort of all children and Educators are taken most seriously. If all parents keep sick children at home, everyone's children will stay healthier. In the end, this will mean fewer lost workdays and fewer illnesses for parents as well. ALL CHILDREN MUST WASH THEIR HANDS upon arrival in the morning. This greatly helps to avoid the transmission of contagious conditions.

The daycare cannot be responsible for children who are ill.

Parents will be advised if their child develops fever defined as a temperature of (see below) and are required to pick him/her up.

- ☐ ***38.5C (101.3F) measured by their ear, or on their forehead***
- ☐ ***37.5C (99.5F) measured under the arm***

CPE du Y POLICY:

CPE du Y will exclude any child with the following:

- they have a fever***
- they are particularly irritable***
- they are sleepy, lethargic***
- they have difficulty breathing or have a persistent cough***
- they have a skin outbreak***
- they are vomiting***
- they have diarrhea***
- any other concerning symptom***

NOTE: A CHILD CAN RETURN TO THE CENTER WHEN THEY ARE SYMPTOM, FEVER, AND MEDICATION FREE FOR 24 HOURS!

NOTIFICATION OF ILLNESSES / OUTBREAKS

Parents will be informed of any illness through email.

Whenever there is an outbreak of any type of illness, parents will be advised via email. We will identify the number of cases and where they are in the center. (According to the CLSC, 4 cases of any type of illness constitutes an outbreak)

To help protect the health of each child in the center, the following directives are strictly enforced when we send your child home: If your child is diagnosed with an ailment that requires antibiotics, they will ONLY be permitted back into the center when all three of the following criteria are met:

- 1) If a written diagnosis of the ailment provided by a Health Care Professional**
- 2) If after the treatment period or observation period has elapsed (refer to last page of this document for specific conditions)**
- 3) If when the child is feeling well enough to function in the daily routines of the center.**

It is inevitable that young children will have unforeseen accidents, but with supervision and our preventative measures, the CPE makes every effort to avoid preventable injuries.

Procedures for notifying parents are as follows:

- ☐ Head or body injuries: parents will be informed immediately.
- ☐ Minor bumps, cuts, scrapes, splinters, bites, etc. The parent will be informed when the child is picked up through an Incident Report.

Please note that all Incident Reports, once completed and signed by the parent, will be kept on file.

ADMINISTERING HEALTH CARE PROFESSIONAL PRESCRIBED MEDICATIONS

The Center's ability to treat sick children is restricted by the following law: The Ministère de la Famille et l'

(Enfance) states: Division III - Article 116 - 120

"No medication may be administered to a child attending a daycare center without written authorization from the holder of parental authority, from the child's de jure guardian or from the person given de facto custody of children by either of the former and from a Health Care Professional who is a member of the Corporation professionnelle des médecins du Québec, or a licensed pharmacist. In the case of prescribed medication, the information listed by the pharmacist on the label identifying the medication is proof of the Health Care Professional's authorization."

**PLEASE PROVIDE A COPY OF PROOF THAT YOUR CHILD IS TAKING ANTIBIOTICS.
A PICTURE OF PRODUCT PRESCRIPTION INCLUDING CHILD'S NAME, DATE AND PRODUCT NAME
IS ACCEPTABLE.**

Employees of CPE du Y are only permitted to give children prescribed medication with the information written down by the pharmacist on the label identifying the medication, the expiry date, the child's name, the dosage, and duration of treatment.

Due to privacy and safety considerations, all medications are to be handed to an Educator to then be placed in a locked medicine box.

Notwithstanding the first paragraph, acetaminophen, oral hydration solutions, saline nasal drops, zinc oxide-based cream for the seat area, and sunscreen without PABA may be administered to a child attending a daycare center without medical authorization, but with parents written approval, on the condition that the administering is done in accordance with the appropriate procedures as determined by the Ministère de la Famille.

POST-INOCULATION FEVERS

Some children experience fever following their vaccinations. If there are no other indications of illness and the child can participate fully in the group's activities, there is no reason for the child to be kept at home. Parents are asked to advise their child's Educator when they have received a vaccination. If your child has been vaccinated, you are required to submit a Health Care Professional's confirmation.

The day care is not permitted to administer acetaminophen to ease the physical discomfort (soreness at the injection site) that children sometimes experience after a vaccination.

ADMINISTERING ACETAMINOPHEN

Acetaminophen may be administered solely to reduce fever, not to relieve any type of pain, including teething. If your child has fever, you will be informed, and we will administer **Acetaminophen with your**

verbal permission until you can pick up your child. The daycare provides acetaminophen products. **During the day, parents will be called to pick up their child if he/she has a fever - 38.5C (101.3F) taken by the ear/forehead, fever at 37.5°C (99.5° F) taken under the arm.** (Canadian Pediatric Society/Direction régionale de santé publique de Montreal)

~~CPE du Y POLICY: A CHILD CAN RETURN TO THE CENTER WHEN THEY ARE SYMPTOMATIC, FEVER, AND MEDICATION FREE FOR 24 HOURS!~~

~~Note: If a child is sent home 3 consecutive days with a fever, a health care professional will be required before your child can return to the center.~~

~~CONTAGIOUS CONDITIONS~~

~~COLDS AND UPPER RESPIRATORY INFECTIONS (e.g. influenza, croup, bronchiolitis, pneumonia, RSV)~~

Symptoms can include:

- ☐ runny nose (may be green or yellow discharge)
- ☐ watery eyes
- ☐ sore throat
- ☐ sneezing
- ☐ wheezing
- ☐ fever
- ☐ coughing

The average child has about 8 to 10 colds a year. The most common way for colds to be passed on is from coughing, sneezing, and from hand contact. It is important that the child with the cold as well as the persons providing childcare wash hands frequently, especially after nose blowing.

~~CPE Du Y POLICY: During the day parents will be called to pick up their child if he/she has fever AND/OR if the child cannot function in the group.~~

~~DIARRHEA~~

A child is considered to have diarrhea when:

- ☐ stools are liquid

Diarrhea can be dangerous if not treated properly because it drains water and salts from your child.

Diarrhea germs are easily spread from person to person, and especially from child to child.

~~CPE Du Y POLICY: During the day the parents will be called to pick up their child~~

- ☐ if he/she has liquid stools

~~A child may return to the center once their stool may be contained in the diaper or the child is able to go to the bathroom. Absence of blood and mucus in the diarrhea.~~

~~VOMITING~~

A child should be kept at home and will be sent home from the daycare if:

- ☐ he/she vomits.
- ☐ vomiting is accompanied with diarrhea.
- ☐ vomiting is accompanied with a fever.
- ☐ Vomiting is accompanied with your child not being able to function in the group

~~CPE Du Y POLICY: During the day the parents will be called to pick up their child any of the above symptoms are exhibited. A child can return to the center when there has been no vomiting in the last 24 hours.~~

~~RASH~~

Symptoms can include:

- ☐ skin eruptions, redness, swelling
- ☐ crusty lesions
- ☐ severe itching
- ☐ may be accompanied by fever, vomiting and other symptoms.

It is important to contact a Health Care Professional to identify the type of rash and treat it accordingly and also to protect the other children and staff in the center.

CPE Du Y POLICY: During the day, the parents will be advised if any of the above symptoms are present and could be asked to pick up their child depending on the condition. Parents will be asked to pick up their child for any cutaneous lesions with purulent drainage that cannot be covered. A Health Care Professional's note identifying the condition and eligibility to attend the center will be required upon returning.

CONJUNCTIVITIS (Pink Eye)

Symptoms can include:

- ☐ inflammation of one or both eyes
- ☐ redness and itchiness
- ☐ crusty eyelids that sometimes stick together
- ☐ tearing and discharge

CPE Du Y POLICY: During the day the parents will be called to pick up their child he/she presents a suspicion of conjunctivitis; an infected appearing eye, or if there is an epidemic (4 cases in the center, or 2 cases in the same group).

A child may return to the center once treatment has begun for a period of 24 hours as per your Health Care Professional, or when symptoms have resolved.

HEAD LICE AND NITS

- ☐ Head lice are tiny insects that live on the scalp.
 - ☐ The eggs called nits stick to the shaft of the hair very close to the scalp.
 - ☐ Many children with head lice do not show any symptoms, most common being itching and scratching of the head.
 - ☐ There is no need to become alarmed by head lice. It is not caused by lack of cleanliness nor do head lice spread any diseases.
 - ☐ Head lice can be very common in daycare centers because the lice spread easily among the children who are together in one place.
 - ☐ The lice spread from person to person by direct contact between the children or through such items as hats, combs, brushes, play clothes or bed linens.
 - ☐ Head lice cannot jump or fly.
 - ☐ The eggs/nits appear as whitish-gray oval shaped specks, which are firmly attached to the hair shaft very close to the scalp. They cannot be removed easily. They may look like dandruff, but they cannot be flicked or brushed away. They are most commonly found behind the ears, at the back of the neck or directly atop of the head.
- There are very effective treatments for head lice. The special shampoos or cream rinses all contain an insecticide that kills the insects and its eggs.
- It is necessary to treat all members of the household at the same time, if affected. After treatment, it is imperative that all nits are removed from the hair; most treatment kits provide a special comb for this purpose.

Once head lice have been detected, all children and staff members will be checked regularly. The affected child **must** have a second treatment 7-10 days after the first treatment to ensure that all lice and nits have been eradicated.

CPE Du Y POLICY: The parents will be contacted to pick up their child if he/she has head lice. Any extra clothing items, stuffed animals, will also be sent home with the child, so that they can be properly washed. Treatment of your child as well as of family contacts must be pursued. The affected child MUST have treatment before they are allowed to return to the daycare.

Head lice treatments require a 24-hour period to be effective; therefore, the child is not allowed to return to daycare until 24 hours after being treated and all the nits have been removed.

Upon returning to the daycare, a staff member will verify that your child's head is lice and nit free in order to be accepted back into the center.

If a case of active head lice is confirmed, parents of classmates will be informed. In case of a large or persistent daycare infestation, the center may be closed until the infestation can be controlled.

–RESOURCES

- « La Sante des Enfants en service de garde éducative » - Ministère de la Famille
- « Well Beings – A Guide to Health in Child Care » - Canadian Pediatric Society
- « Prévention et contrôle des infections dans les services de garde à l'enfance » - Santé et des Services sociaux du Québec
- Pediatrician - Montreal Children's Hospital - Dr. V. S
- « Sante et Sécurité des Enfants » - Régulations - Ministère de la Famille www.mfa.gouv.qc.ca
- Direction régionale de santé publique de Montreal - octobre 2023

**A Health Care Professional's note must be supplied to confirm any of these most common childhood diseases / conditions ,
before your child will be accepted back into the center.**

Children can return to the Center:

Impetigo	24 hours after treatment has started. Lesions on exposed skin must be covered with watertight dressings.
Scarlet Fever	24 hours after treatment has started.
Strep Throat	24 hours after treatment has started.
Whooping Cough	After 5 days of being on antibiotics.
Measles	5 days after the rash appears.
German Measles/Rubella	7 days after the rash appears.
Roseola	No exclusion from day care as long as child feels well enough to participate in daycare activities.
Chicken Pox	When all blisters are scabbed over and dry.
Pinworms	12 hours after treatment has started.
Hand, Foot and Mouth Disease	When all blisters are dry .
Fifth Disease	No exclusion from day care if child feels well enough to participate in daycare activities.

This document was revised and approved by the CPE du Y Board of Directors - January 2024