



FitKids Childcare
at River Valley Club
where **playing and learning** go hand in hand

Sick Policy

2023-2024

Sick Policy

Children who show visible signs of illness will be asked to stay home or will be dismissed from school. If you are unsure if your child is well enough to attend childcare, call and discuss your concerns with us. Children should be fully able to participate in our daily activities. NH Childcare Licensing regulations prohibits the attendance of any child who:

- Cannot participate in regular childcare activities
- Requires more care than childcare personnel can provide without compromising the health and safety of the ill or injured child, or the other children in their care
- Has had more than one episode of vomiting in one day
- Has had more than one episode of diarrhea in one day
- Exhibits uncontrolled coughing or wheezing.
- Exhibits unusual or extreme fatigue or lethargy
- Exhibits skin lesions or rashes which have not been diagnosed or treated by a licensed health care practitioner.
- Has a temperature of 100.4 degrees or higher
- Has a temperature of 100 degrees combined with any of the following: diarrhea, rash, earache, sore throat, or vomiting
- Head lice (live lice in the scalp)
- Conjunctivitis

In the event of an outbreak of infectious disease, FitKids Childcare administration will consult with the New Hampshire Department of Health and the CDC as appropriate or required by law.

Note: This sick policy is subject to change given the severity of illnesses going around the center. FitKids is allowed to change this policy and enforce new rules at any such points as long as they at least meet the minimum standards for the state of New Hampshire.

Dismissible Illness (NH Childcare Licensing)

Symptom	Readmittance
More than one episode of vomiting in one day	24 hours after the last symptom or medical evaluation indicates inclusion is acceptable (Doctor's Note Required)
More than one episode of diarrhea in one day	24 hours after the last symptom or medical evaluation indicates inclusion is acceptable. (Doctor's Note Required)
Uncontrolled coughing or wheezing	Has been seen and cleared by health care practitioner. (Doctor's Note Required)
Unusual or extreme fatigue or lethargy	Child is symptom free for 24 hours and is well enough to participate in daily activities
Skin lesions or rashes which have not been treated by a licensed health care practitioner	After seeing health care practitioner and treatment has begun (Doctor's Note Required)
Temperature of 100.4 degrees or higher	48 hours after fever has broken without medications and other symptoms are resolved
Oral temp of 100 degrees or higher combined with; diarrhea, rash, earache, sore throat or vomiting	24 hours after fever has broken without medications and other symptoms are resolved
Others	
Head lice (live lice on scalp/hair)	After treatment has been completed (Doctor's Note Required)
Conjunctivitis	3 treatments have been administered. (Doctor's Note Required)