



YOUTH PROGRAMS WELLNESS POLICY

For the safety and well-being of all children and staff, the following health and wellness guidelines will be strictly enforced. Please be considerate and do not send your child to programs when they are sick. If a child develops symptoms of illness while in our care, parents will be notified and will need to pick up their child immediately. If a parent cannot be reached, the staff will call emergency numbers listed on the child's registration form.

Children who have the following symptoms should remain at home until they are symptom free for 24 hours without the use of medication or unless a written note from the child's physician is provided, stating that their symptoms are not contagious and that the child can attend child care:

- Fever (temperature of 100.4 degrees Fahrenheit or higher. Children must be fever-free without fever reducing medication for 24 hours before returning to programs).
- Has two or more episodes of vomiting within a 12-hour period.
- Has more than two stools above the child's normal pattern and diarrhea is not contained by a diaper or when toilet-trained children are having accidents. Child cannot have more than two loose stools in a 24 hour period.
- Communicable diseases (see "Communicable Diseases and Exclusion from Child Care" on the next page).
- Continuous and/or colored nasal drainage. A current note from a physician can be provided if drainage is caused by an allergy.

Staff will notify parents to pick up children when any of the following conditions exist:

1. The child displays any of the symptoms above.
2. The illness prevents the child from participating comfortably in program activities.
3. The illness results in a greater need than the YMCA staff can provide without compromising the health and safety of the other children.

Daily Health Checks

- General wellness checks, will be conducted on all participants before the family member or guardian leaves the building.
- Staff will talk with the family member or guardian if the child is ill or any questions about any changes in the child's appearance or behavior.
- If we think that the child is not feeling well (for any reason) and should not be in child care, we will make every effort to communicate with the family member or guardian immediately. This will allow the family to make alternate plans.

If you have additional questions about the steps we are taking to keep health and safety at the forefront of our program, please email childcare@ymcacharlotte.org.



YOUTH PROGRAMS COMMUNICABLE DISEASES AND EXCLUSION FROM CHILD CARE POLICY

Exclude if directed to do so in the chart below or if:

- The child's health care professional recommends exclusion.

| Disease | Overview | Symptoms | Exclusion |
|--|--|--|--|
| *Contact local Health Department | | | |
| *Chicken Pox (Varicella Zoster infection) | Infection caused by the varicella zoster virus. | <ul style="list-style-type: none"> • Rash (small, red, blistering bumps) • Fever • Runny nose • Cough | Exclude if chicken pox or a rash suggestive of chicken pox . (Outbreaks of three or more cases will be reported to the local Health Dept.) |
| CMV (Cytomegalovirus) | Infection caused by the varicella zoster virus. | <ul style="list-style-type: none"> • Mild to no symptoms | Exclusion not required. |
| Diarrheal illness: cause unknown | There are many causes of diarrhea in children under age five. Illness may be mild and not require medical attention. | <ul style="list-style-type: none"> • Stool frequency exceeding two or more stools above normal for that child • Stools containing blood or mucus • Stools that are not contained in a diaper • Fecal accidents by a child who is normally toilet trained | Exclude until diarrhea ends. |
| *Diarrhea (Campylobacteriosis) | Infection caused by Campylobacter Bacteria. | <ul style="list-style-type: none"> • Bloody diarrhea • Fever • Vomiting • Abdominal cramping | Exclude until diarrhea ends. |
| *Diarrhea (Cryptosporidiosis) | Infection caused by Cryptosporidium parasite. | <ul style="list-style-type: none"> • Loose stools (watery or bloody) • Abdominal pain • Weight loss | <ul style="list-style-type: none"> • Exclude until diarrhea ends. • Exclude from water play until two weeks after end of diarrhea. |
| *Diarrhea (Shiga-toxin producing E. Coli) | Infection caused by Shiga-toxin producing E. coli such as E. coli O157:H7 | <ul style="list-style-type: none"> • Loose stools (watery or bloody) • Abdominal pain • Fever | <ul style="list-style-type: none"> • Exclude until: • diarrhea ends • two consecutive negative stool samples 24 hours apart • cleared for readmission by local health department |



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|--|--|---|---|
| Diarrhea (Giardiasis) | Infection caused by Giardia lamblia parasite. | <ul style="list-style-type: none"> Loose stools (watery or bloody) Excessive gas Abdominal pain Decreased appetite Weight loss | Exclude until diarrhea ends. |
| Diarrhea (Norovirus) | Viral infection | <ul style="list-style-type: none"> Acute onset of watery diarrhea Abdominal pain Nausea Vomiting | Exclude until 48 hours after diarrhea ends |
| Diarrhea (Rotavirus) | Viral infection, most common cause of diarrhea and vomiting. | <ul style="list-style-type: none"> Non-bloody diarrhea Nausea and vomiting | Exclude until diarrhea ends. |
| * Diarrhea (Salmonellosis) | Infection caused by Salmonella bacteria. | <ul style="list-style-type: none"> Diarrhea Fever Abdominal cramps Nausea or vomiting Dehydration (dry mouth, no tears, no urine in eight hours) | <p>Exclude until diarrhea ends for non-typhoidal serotypes.</p> <p>For Salmonella Typhi exclude until child cleared by local health department.</p> |
| * Diarrhea (Shigellosis) | Infection caused by the Shigella bacteria. | <ul style="list-style-type: none"> Loose, watery stools with blood or mucus Fever Headache Abdominal pains Convulsions | <ul style="list-style-type: none"> Exclude until asymptomatic for 48 hours and one negative stool sample. |
| Fifth Disease (Erythema Infectiosum) | Infection caused by Human Parvovirus B19. | <ul style="list-style-type: none"> Fever, headache Muscle and joint aches Red, lace like rash on cheeks, torso, arms, and thighs that lasts 1- 3 weeks | Exclusion not required. |



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|--|---|--|---|
| *German Measles (Rubella) | Uncommon, mild infection caused by Rubella virus. | <ul style="list-style-type: none"> Red or pink rash on the face and body Swollen glands behind ears Slight fever | <p>Exclude for seven days after the beginning of the rash.</p> <p>Exclude non-immunized children.</p> |
| Hand Foot and Mouth Disease (Coxsackievirus) | Infection caused by Coxsackievirus, more common in summer and fall | <ul style="list-style-type: none"> Tiny blisters in the mouth, on the fingers, palms or hands, buttocks, and soles of feet Common cold like symptoms (sore throat, runny nose, cough, fever) | Exclusion not required. |
| Head Lice (Pediculosis Capitis) | Small insects that draw blood from the scalp and lay tiny eggs (nits) on hair shafts. | <ul style="list-style-type: none"> Itchy skin on scalp or neck Scratching around ears and at the nape of the neck White nits glued to hair | Exclude until completion of first treatment. |
| *Hepatitis A (HAV) | Viral infection, causes liver inflammation | <ul style="list-style-type: none"> Fever, fatigue Jaundice (yellowing of skin or eyes) Decreased appetite, abdominal pain, vomiting, diarrhea | <ul style="list-style-type: none"> Exclude until one week after onset of illness or jaundice. |
| * Hepatitis B (HBV) | Viral infection, causes liver inflammation. | <ul style="list-style-type: none"> Flu like symptoms: fatigue, decreased appetite Jaundice Joint pain | If local health department determines there is a significant risk of transmission, the child must be placed in an alternate child care. |
| * Hepatitis C (HCV) | Viral infection, progressively destroys the body's immune system. | <ul style="list-style-type: none"> Nausea, decreased appetite, fatigue Jaundice Muscle and joint pain | Contact local Health Department*. |



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| * HIV/AIDS | Viral infection, progressively destroys the body's immune system | <ul style="list-style-type: none"> • Slow or delayed growth • Enlarged lymph nodes • Swelling of salivary glands • Frequent infections | If local health department determines there is a significant risk of transmission, the child must be placed in an alternate child care. |
| Impetigo | Infection caused by Streptococcal or Staphylococcal bacteria. | <ul style="list-style-type: none"> • Small, red pimples or fluid filled blisters with crusted, yellow scabs on the skin. | Exclude until 24 hours after treatment has started. |
| Influenza | Infection caused by the Influenza virus. | <ul style="list-style-type: none"> • Fever, chills, headache • Cough and sore throat • Muscle aches • Decreased energy | Exclude until 24 hours after fever subsides. |
| MRSA (Methicillin Resistant Staphylococcus aureus) | Infection caused by Staph bacteria resistant to broad spectrum antibiotic treatment. | <ul style="list-style-type: none"> • Small, red, pimple like bumps • Abscesses (collection of pus under the skin) | Exclusion not required unless open sores cannot be covered. |
| *Measles (Rubeola) | Infection caused by the measles virus, highly contagious | <ul style="list-style-type: none"> • Fever, cough, runny nose, red and watery eyes • Small, red spots in mouth • Rash spreading from the hairline downward | <p>Exclude for at least four days after the beginning of the rash.</p> <p>Exclude non-immunized children.</p> |
| * Meningitis (Haemophilus influenzae type b, Pneumococcus, Meningococcus) | Bacterial or viral infection, causes swelling or inflammation of brain and spinal cord tissue. | <ul style="list-style-type: none"> • Fever, headache • Nausea, loss of appetite • Stiff neck • Confusion, drowsiness, irritability | Exclude as soon as infection suspected until cleared by a health care professional. |
| Molluscum Contagiosum | Skin infection caused by a virus, similar to warts. | <ul style="list-style-type: none"> • Mild to no symptoms in young children • Rare symptoms are fever, sore throat, fatigue, swollen lymph nodes, enlarged liver/spleen, rash from ampicillin or penicillin | Contact local Health Department*. |



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|--|---|--|--|
| Mononucleosis (Mono) | Infection caused by the Epstein Barr virus | <ul style="list-style-type: none"> Mild to no symptoms in young children Rare symptoms are fever, sore throat, fatigue, swollen lymph nodes, enlarged liver/spleen, rash from ampicillin or penicillin | Exclusion not required, unless ordered by a health care professional. |
| * Mumps (Rubulavirus) | Viral infection with swelling of one or more salivary glands. | <ul style="list-style-type: none"> Swollen glands Fever, headache, earache | Exclude for at least five days after the beginning of swelling. Exclude non-immunized children. |
| Pink Eye (Conjunctivitis) | Bacterial or viral infection causes inflammation of eye tissue. Other causes: allergies and blocked tear ducts in infants. | <ul style="list-style-type: none"> Red or pink, swollen, itchy eyes Yellow or green discharge and crusting in the eyes | Exclusion not required. |
| Pinworms (Enterobiasis) | Infection caused by small thread like roundworm. | <ul style="list-style-type: none"> Itching and irritation around the anal or vaginal area. | Exclusion not required. |
| Pneumonia | Bacterial or viral infection, causes inflammation of lungs. | <ul style="list-style-type: none"> Cough, fever Difficulty breathing Loss of appetite Muscle aches Fatigue | Exclusion not required. |
| RSV (Respiratory Syncytial Virus) | Viral infection caused by Respiratory Syncytial virus, causes common cold, occurs mostly in winter and early spring. | <ul style="list-style-type: none"> Cold like symptoms Respiratory problems (wheezing, difficulty breathing) | Exclusion not required. |
| Ringworm | Infection caused by several kinds of fungi, may affect the body, feet, or scalp. | <ul style="list-style-type: none"> Red, circular patches on the skin Cracking and peeling of skin between toes Redness, scaling of scalp | Exclude until treatment started. |
| Roseola (Human Herpesvirus 6) | Viral infection causing a rash in children 6-24 months old. | <ul style="list-style-type: none"> High fever Red, raised rash | Exclusion not required. |



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| Scabies (Sarcoptes scabiei) | Infections caused by Group A streptococcus bacteria | <ul style="list-style-type: none"> Rash, severe itching Itchy red bumps or blisters in skin folds Itching may take a few days to subside after treatment | Exclude. |
| Scarlet Fever | <p>Bacterial or viral infection causes inflammation of eye tissue.</p> <p>Other causes: allergies and blocked tear ducts in infants.</p> | <ul style="list-style-type: none"> Sunburn like rash with tiny bumps that may itch Fever, sore throat, swollen glands Yellow or white coating on tongue and throat | Exclude until antibiotics administered for at least 12 hours and no fever is present. |
| Strep Throat | Infections caused by Group A Streptococcus bacteria. | <ul style="list-style-type: none"> Sore throat, fever, headache - Decreased appetite, stomach-ache Swollen lymph nodes | Exclude until 12 hours after antibiotic treatment has started and no fever is present. |
| * TB (Tuberculosis) | Infection caused by a bacterium, usually affecting the lungs. | <ul style="list-style-type: none"> Chronic cough Weight loss Fever, chills, night sweats Positive skin test | Exclude until health care professional provides a written statement that the child is not infectious. |
| Whooping Cough (Pertussis) | Contagious bacterial infection that causes mild to severe coughing. | <ul style="list-style-type: none"> Cold like symptoms Coughing that leads to vomiting, loss of breath, or blue face Whooping sound when inhaling after coughing | <p>Exclude until five days after treatment has started.</p> <p>Exclude untreated cases for 21 days from the date cough began.</p> |

*The YMCA will contact the local Health Department

Child care programs (G.S. § 130A-135 through 130A-139) must report cases or suspected cases of reportable diseases to their local health department. The local health department then reports this information to the N.C. Division of Public Health (G.S. § 103A-140). <http://epi.publichealth.nc.gov/cd/report.htm>



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References

1. North Carolina Administrative Code: Chapter 9, Child Care Rules:
http://ncchildcare.nc.gov/PDF_forms/rule_changes_effective_OCT1_2017.pdf
 - a. .0804 Infectious and Contagious Diseases
 - b. .1720 Medication Requirements
1. Managing Infectious Diseases in Child Care and Schools, A Quick Reference Guide, 4th Edition, American Academy of Pediatrics, <https://shop.aap.org/managing-infectious-diseases-in-child-care-and-schools-4th-edition-paperback/>
2. North Carolina Administrative Code: Title 10A Health and Human Services, Chapter 41 Epidemiology Health, <http://reports.oah.state.nc.us/ncac.asp?folderName=\Title%2010A%20-%20Health%20and%20Human%20Services\Chapter%2041%20-%20Epidemiology%20Health>