



## Sick Policy

The staff at Oak and Lily Academy (OLA) take constant precautions to prevent the spread of diseases. It is imperative that we all work together to keep the children in our care as healthy as possible. Below is OLA's sick policy; we ask that you keep your child at home and not let them return to school until they are 24 hours symptom and medication free from the following symptoms below:

- Fever of 100.4 °F or greater
- A productive cough, high-pitched croupy or whooping sounds after coughing
- Difficulty or rapid coughing/breathing causing the child to turn red or blue in the face
- Yellow/green discharge from nose
- Sneezing
- Diarrhea
- Vomiting
- Rashes anywhere on the body
- Rashes/wounds on the body that are open and/or oozing discharge
- Sore throat and/or trouble swallowing
- Lethargy, unable to stay awake during normal activities
- Discharge, redness of the whites (conjunctiva) and/or swelling of one or both eyes
- Evidence of head lice and/or nits
- Any combination of the above symptoms

If any of these symptoms are present at school, a parent will be contacted immediately, and your child will be excluded from all activities and wait in the office until you arrive. From the time of contact, your child must be picked up within 1 hour. Please have arrangements in place that allow you to pick up your child within the 1 hour timeframe.

**\*\*If you are called to pick up your child from school due to any of these symptoms, they will not be able to return the next day. Students must also be symptom and medication free for 24 hours before they can return to school. OLA has the right to refuse care until your child is in good health.**

- ★ If your child is diagnosed by a physician with a contagious illness, you will notify OLA so we can notify other parents in order to avoid an outbreak in the classroom and/or school.
- ★ If your child has a sibling(s) enrolled at OLA, we ask that you keep them at home so you can help keep the spread in the school to a minimum. In addition, if anyone in the household is diagnosed with a contagious illness, we ask that the child(ren) are kept home until everyone is no longer contagious to keep spread down.

### **Hand, Foot, and Mouth (HFM)**

All blisters must be popped and scabbed over with no fever or fever reducing medication for 24 hours before returning to school. This is OLA's policy regardless of a doctor's note stating they can return; all blisters must be popped and scabbed over before returning to OLA.

### **Upper Respiratory Infections/RSV**

Your child may come back to school when they no longer have a fever or fever-reducing medication for a full 24 hours and do not require extra assistance (such as breathing treatments or small frequent feeds). Please be aware that RSV is a scary illness, and we want to prevent the spread as much as possible (especially in our younger classes).

### **Influenzas (Flu) /Covid-19**

Following a flu/covid diagnosis, please keep your child at home until all symptoms have subsided and without fever reducing medication for a full 24 hours.

### **Norovirus/Rotavirus (Stomach Bug/Gastroenteritis)**

Please keep your child at home with 2 or more diarrhea occurrences. If your child is vomiting, you must keep them at home until your child is diarrhea/vomit free for 24 hours. Students will be required to be picked up on the 3<sup>rd</sup> occurrence of diarrhea in a day or if diarrhea persists for more than 2 days at OLA. If your child is picked up for diarrhea and vomiting, they cannot return the next day and must be diarrhea and vomit free for 24 hours before they return to school without medication.

### **Common Colds**

Generally, a clear discharge is normal, excessive/thick yellow-greenish discharge from the nose is a sign of an infection. Excessive discharge from the nose, coughing, sneezing, and/or shortness of breath are all reasons to keep your child home with a cold. Please do not send your child to school until they are symptom free and fever reducing medication free for 24 hours.

### **Conjunctivitis (Pink Eye)**

Pink eye spreads quickly within the classroom. At the first sign of discharge from the eye and/or pinkness/redness of the white of the eye (conjunctiva), your child will need to be picked up and evaluated by a doctor. Upon diagnosis, your child will need to be on the antibiotic drops/ointment for a full 24 hours before returning to school.

### **Head Lice**

A child with head lice must stay home until hair treatment is completed and lice and nits are absent from hair and clothing.

### **Strep Throat**

A child that is diagnosed with strep throat may not return to school and must be on antibiotics for a full 24 hours. Also, your child must be fever free for 24 hours without fever reducing medication.

### **Skin Rashes/Wounds/Impetigo**

A child should be free of rashes or wounds anywhere on the body that is open and/or oozing. If the rash/wound is open and/or oozing, they will need a physician to determine if it is contagious or not. If the condition is not contagious, it should remain covered with a bandage without any seepage or drainage. Impetigo is very contagious and must be treated for a full 24 hours with antibiotics before returning to school.

**Communicable Diseases**

When an enrolled child or an employee of OLA has a (suspected) reportable disease, it is OLA's legal responsibility to notify the local Department of Public Health. We will take care to notify families about exposure so children can receive preventive treatments. We will follow the Virginia Department of Health's Communicable Disease reference and notification charts.

- We understand that this may differ slightly from doctor recommendations, but we have found this policy to be most effective in stopping the spread of illness throughout our school. It is most important to abide by these guidelines as closely as possible. We thank you for your cooperation.

**\*\*Acknowledgement of the Sick Policy is required on the registration paperwork for all students. \*\***