

PROGRAM POLICIES  MEDICAL AND HEALTH REQUIREMENTS	CHILDREN/STAFF WHO BECOME ILL DURING CARE  EXCLUSION COVID-19	SUBJECT	COVID-19
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## POLICY

To ensure the health and well-being of children and staff within the early learning and child care setting, children and staff who become ill while attending the program will immediately be isolated and required to leave the program. Staff must consistently assess their health and the health of children in care.

## PROCEDURES

### When to exclude

#### Communicable Diseases

If COVID-19 or any other infectious disease is suspected, the parent should be contacted immediately, and the child must be isolated from the other children and supervised until the parent arrives. Staff should ensure that the child is as comfortable as possible. Health department contact information related to inquiries about sick children or staff should be sent to [EHL@durham.ca](mailto:EHL@durham.ca) or call the Helpline at 905-668-2020.

The Health Department is to be notified of symptoms of ill health as required. Staff will follow the recommendations of public health and share those with the parent (i.e. 24 hours of specified improved symptoms, 24- or 48-hours symptom free, self-assessment required, outbreak, self-isolation, etc.). Serious Occurrence reporting will be followed, if necessary.

Parents are to be offered information regarding the incubation and isolation periods as required. The Health Department will be contacted for more information.

Any child who develops symptoms of ill health including symptoms of ill health related to COVID-19 must leave the child care program. Symptoms should not be chronic or related to other known causes or conditions.

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COVID-19 symptoms include:

- Fever and/or chills (temperature of 37.8°C/100°F or greater)
- Cough (more than usual if chronic cough) including croup (barking cough, making a whistling noise when breathing)
- Shortness of breath (dyspnea, out of breath, unable to breathe deeply, wheeze, that is worse than usual if chronically short of breath)
- Decrease of loss of smell or taste (new olfactory or taste disorder)
- Sore throat (painful swallowing or difficulty swallowing)
- Stuffy nose and/or runny nose (nasal congestion and/or rhinorrhea) *Not related to other known causes or conditions (e.g. seasonal allergies, returning inside from the cold, chronic sinusitis unchanged from baseline, reactive airways)*
- Headache that is new and persistent, unusual, unexplained or long-lasting
- Nausea, vomiting and/or diarrhea
- Fatigue, lethargy, muscle aches or malaise (general feeling of being unwell, lack of energy, extreme tiredness, poor feeding in infants) that is unusual or unexplained.

Note: Pink eye and abdominal pain are included as symptoms for adults. Staff and essential visitors should be screened for these symptoms.

If the child has any symptoms (including fever, cough, difficulty breathing, vomiting, or diarrhea), the child must be isolated immediately from the other children in a separate room, if available, and supervised at all times.

The parent must be notified to arrange for pick-up of the child. If the parent is not reached an emergency contact person will be contacted to pick up the child.

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Every effort must be made to keep the child comfortable until someone arrives to take him or her home.

Staff must document the situation in the Daily Communication Log and notify the Supervisor or designate immediately to ensure that this information is managed and recorded in the child's file on the Symptoms of Ill Health and report the incident to the Health Department, as necessary/appropriate.

### How to exclude

- Supervise the child in a designated room with a hand washing sink or hand sanitizer available. If a separate room is not available, the ill person should be kept at a minimum two metres distance from others.
- Notify parents/caregivers of the sick child for pick up.
- Children over two years of age should wear a surgical mask if tolerated and be provided with tissues and reminded of hand hygiene, respiratory etiquette (e.g. sneezing in sleeve) and proper disposal of tissues.
- Only one staff should be in the designated room and attempt physical distancing of two metres. Staff should wear a medical mask, goggles/face shield, gown and gloves. In addition, staff should perform hand hygiene, avoid contact with child's respiratory secretions and attempt to not touch their face with unwashed hands.
- Increase ventilation in the designated exclusion room, if possible (e.g., open windows).
- All items used by the ill child should be cleaned and disinfected. Any items that cannot be cleaned (e.g. books, cardboard puzzles) should be removed and stored in a sealed container for seven days.
- The isolation room or area is to be cleaned and disinfected immediately after the child has been sent home.
- If the child care program is in a shared setting (e.g. school) follow Public Health direction for notification of others using the space.

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- Children or staff who have been exposed to a confirmed case of COVID-19 should be excluded from the child care setting and follow Health Department recommendations.

### Returning from exclusion due to illness

- Staff/children who are being managed by Durham Public Health (e.g., confirmed cases of COVID-19, household contacts of cases) should follow instructions from Durham Health Department to determine when to return to the facility. Confirmation from Durham Health Department will be required.
- A child can return to program based on the recommendations of the Health Department. This may include having improved specified symptoms for 24 hours, symptom-free for 24 or 48 hrs, after confirmed negative testing or other isolation recommendations. Guidance can be found in *COVID-19 Screening Tool for Children, Staff, and Essential Visitors in Durham Regional Licensed Child Care*.

### Staff Illness

Any staff person who suspects that they have an infectious disease should follow common sense precautions and should not attend the child care program if they are not well, particularly if their symptoms include any outlined in the COVID-19 screening. Staff must pass the COVID-19 screening process to work at the site.

If a staff member becomes ill while at the centre they should, if possible, isolate themselves immediately until they are able to leave.

A staff person who presents with symptoms of ill health must notify their supervisor. The Health Department will be notified as required and staff will follow the direction of Public Health if necessary. Direction may include further self-isolation, monitoring of symptoms, completing self-assessment and testing.

A staff member's illness that is determined to be work-related must complete the appropriate internal documentation required by the centre.

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