

## Fitness Childcare Health and Wellness Policy

### REASONS TO KEEP YOUR CHILD HOME FROM FITNESS CHILDCARE:

1. If your child did not attend school or daycare due to illness
2. Fever of 100 or greater
3. Diarrhea
4. Vomit (beyond spitting up)
5. Undiagnosed rash
6. Conjunctivitis (Pink Eye)
7. Nasal discharge, cold, and persistent cough
8. Strep infection
9. Head lice
10. Mouth sores, especially if drooling occurs
11. Any communicable disease
12. Any illness that prevents your child from participating comfortably in activities
13. Any illness that results in a greater need for care than staff can provide without compromising the health and safety of others
14. Ear infection treated less than 24 hours
15. Rash combined with irritability
16. Chicken pox; all sores must be scabbed over with no new sores appearing
17. Whooping cough, until five days after antibiotic treatment
18. Mumps, until nine days after onset and/or nine days after observed parotid gland swelling

### When can my child return to the JCC?

When your child has been symptom-free for 24 hours. In the case of a fever, your child must be fever-free without the use of fever-reducing medicine.