

A memo regarding exclusion for illness:

We want to keep our classrooms and teachers healthy, so that everyone can come to school to work and play without unnecessary exposure to illness. The following are general guidelines to help you decide when to keep your child home from Alaya. The answer to whether or not children may attend lies in whether they are contagious **and** if they feel well enough to participate. Children aren't necessarily contagious when they are having symptoms – their highest period of communicability occurs before the first day of symptoms and often continues through the period of fever. This means that excluding a child who just has a runny nose won't necessarily protect others from the illness. However there are some specific symptoms that indicate when exclusion is advisable.

If your child is irritable, low energy, continuously crying or requires more care than the teachers can provide while also caring for the others in the class, your child should stay at home. Your child will be more comfortable and get more rest at home.

If your child needs to be medicated in order to feel comfortable, please keep them home.

Other more measurable criteria for exclusion include:

- **Fever** 100 degree Fahrenheit or higher taken under the arm.
- **Diarrhea**
- **Vomiting**
- **Body rash** especially with fever.
- **Sore throat** especially with fever.
- **Coughing** excessive or that which interferes with a child's ability to play and be active with others.
- **Runny nose** Please use good judgment. An excessive runny nose, not associated with allergies, that interferes with play or is accompanied by fever is reason to keep your child at home.
- **Eye Discharge** thick discharge or pink eye.
- **A diagnosed communicable or contagious illness.**

Children may return after symptom free for 24 hours without the use of pain or fever reducing medications, with a doctor's permission, and /or when the child is no longer contagious. The child should also feel ready to play and fully participate with the group.