

Health & Well Being at MSK

When your child is sick and signs and symptoms of illness:

Each day as children arrive at school, MSK Staff will conduct a visual scan/observation of each child before they come into contact with other children in the school. Staff members are looking for a change in appearance or behaviour, or for some sign that may indicate illness- **a flushed face, lethargy, a cough, or a runny nose**. Common illnesses and their symptoms are listed below. If any of these signs are observed anytime during the school day, a parent or emergency contact will be called to pick up the child as soon as possible. This is to ensure that any illness brought to the school be kept to a minimum. ***Please note- A FEVER IS NOT THE ONLY INDICATOR OF ILLNESS IN A CHILD.**

Fever

Having a fever means having a body temperature that is higher than normal. It is defined as a reading above (37.8°C). If your child has an elevated temperature, we ask that you please keep your child at home. If your child comes down with a fever while at school, we will contact you or an emergency contact to please pick-up the child as soon as possible. **Children must be fever and symptom free for at least 72 hours before coming back to school.**

Diarrhea/Vomiting

Germs causing infectious diarrhea or vomiting spread easily by direct and indirect contact in any group setting and especially among children in diapers. Infectious diarrhea can strike rapidly in child care settings/school settings and needs careful management. Please inform the school immediately if your child has had a very soft or watery bowel movement or has been vomiting. You will be notified right away if your child is having many episodes of diarrhea or vomiting and we will ask for an early pick-up especially if they also have a fever. If diarrhea is severe, persists for longer than a week, seems to contain blood, or if vomiting persists over a period of 4 to 6 hours, parents are advised to seek medical advice.

Common Cold

Cold viruses are found in the ears, nose and throat. These germs spread easily because children often touch their nose, ears, eyes and mouth and put objects in their mouths. They have frequent contact with furniture and objects without washing their hands. Cold viruses can live on toys and other objects for several hours and can be picked up by other children as well as their caregivers. The spread of viruses also occurs through: holding hands, coughing, sneezing, blowing noses, and picking up materials or toys. Droplets from a cough or sneeze can reach a child's nose or mouth from as far as 3ft (1m) away. **Please note that your child does not have to have a fever to be ill.** If your child has any of the above symptoms, please do not bring them to school because this will only make the child uncomfortable during the day and will also cause the spread of germs if not properly treated. ***Please note- cold symptoms accompanied by pain and yellow or green coloured mucus may indicate infection- which may require medical attention.**

Croup/Bronchitis/Pneumonia

Certain viruses that cause colds may also cause croup, bronchitis and pneumonia.

- Croup often begins like a cold. It is a viral infection of the throat and larynx, it can be caused by several different types of viruses.
- Bronchitis is swelling of the lining of the smaller airways. Children experience difficulty moving air in or out of the lungs.
- Pneumonia is an infection in the lung tissue that prevents oxygen from moving the air spaces to the bloodstream

As all three of these infections may be caused by the same virus as the common cold please keep your child at home until they are symptom free and feeling better to come to school.

***Please note that if your child is not well enough to participate in some or all of our daily activities such as gym or going outside for recess then they are not well enough to be at school.**

Conjunctivitis (Pinkeye)

Conjunctivitis--- more commonly known as **pinkeye** is spread easily through direct and indirect contact. Direct contact occurs when tears or discharge from an infected child's eyes are touched and transferred by fingers to the eyes of another child. Indirect contact occurs when an object contaminated with eye fluid (e.g., used tissue) is touched, or touches another child's eye. When pinkeye is associated with the common cold, it can spread via droplets in a cough or sneeze. A child with pinkeye should be kept at home until he/she has been seen by a doctor, and antibiotics have been administered for at least 24 hours. We do require a doctor's note stating that the child is free of infection and is well enough to attend school.

Strep Throat

Strep is more common in children than adults. Children with Strep Throat usually have a very sore throat, fever, and swollen glands. Strep Throat is spread through direct contact with secretions of the mouth or nose or direct contact with a skin lesion. It may also be spread by large respiratory droplets. Children with Strep Throat should return to school only when they have at least one full day (24 hours) of antibiotic treatment and are well enough to participate comfortably in all program activities, including going outside.

Any child with a Communicable Disease such as chicken pox, scarlet fever, fifth disease, measles, etc., will be asked to remain home until the disease is free of its contagion stage. York Region Public Health has provided us with guidelines and expectations on how to handle communicable diseases.

If you should suspect that your child has a disease/illness we ask that you report it to the school as soon as possible, so we can ensure that all parents are aware of the illness being present at our school and their child's exposure to it. As soon as we are informed that a child is contagious, we will forward literature and awareness to the MSK parent population so that everyone can look out for similar signs. Please review the copy of Guidelines for Common Communicable Diseases included with the parent Information Package. **Please note that your child will only be allowed back to school with an official signed doctor's note stating that they are no longer contagious and are well enough to attend school.**

If a child is prescribed medication from a medical doctor, it can be administered by staff to the child during school hours, so long as the parent fills out a "MSK Medication Chart" form. The medication must be received by the teacher and not left in the child's possession or personal bag/backpack. It must be in the original pharmacy bottle, with an official **prescription label** stipulating the child's name, doctor's name, drug name, dosage, expiry date and frequency to be given. There will be locked boxes for medications kept in each classroom cupboard above the sink and one in the kitchen refrigerator for medications with cool storage requirements.