



# Stay Healthy!

## You can protect yourself and those you love by doing the following:

1. **Wash hands often**-Use soap and water to wash your hands and your children's hands often. Wash hands after shopping and visiting public places.
2. **Cover coughs and sneezes**-Cover your coughs and sneezes with your elbow. Teach your children to cover their coughs and sneezes as well.
3. **Stay home when sick**-Please keep your child home when he/she is sick to avoid exposing other children at preschool.
4. **Get vaccinated**-Every member of your family over 6 months of age should get the flu shot each year.  
*For more information, please visit [cdph.ca.gov](http://cdph.ca.gov)*

## When should my preschool child stay home from preschool?

- **Fever of 100 degrees or higher**-Child must be fever-free for 24 hours without medications to return to preschool.
- **Vomiting or diarrhea**-Child must not have any nausea, diarrhea, or vomiting for 24 hours without medications.
- **Undiagnosed rash**-Must return with a doctor's note stating that rash is non-communicable.
- **Shortness of breath, wheezing, or a cough that disrupts normal activity**
- **Distracting pain from an earache, headache, sore throat, or recent injury**
- **Red, watery eyes**-Child may return 24 hours after treatment begins and absence of discharge with a doctor's note.

## Some common conditions

- ✓ **Strep Throat**-Child may return 24 hours after first dose of antibiotics and 24 hours fever free. Doctor's note required to return to preschool.
- ✓ **Conjunctivitis (pink eye)**-requires a diagnoses from a doctor and a note from physician to return to school. Child may return 24 hours after treatment begins and absence of discharge.
- ✓ **Impetigo**-Child may return 24 hours after treatment is started with a doctor's note. Lesions must be dry or covered.
- ✓ **Head lice**-Hair must be free of lice and must be checked by staff before returning to preschool.

### **Please remember to:**

- (1) Notify your child's Instructor of your child's absence**
- (2) Bring a note from your child's physician if your child has an illness requiring medical attention.**

Our goal is for your child to stay healthy and be able to fully participate!