



YMCA Child Care Stay at Home Guide

My child is ill. Now what?

If your child has any of these symptoms/ illnesses, please keep them at home.

Your child can return to care when they are well, can fully participate AND...

A continuous, new and/or unexplained cough or shortness of breath*

Their symptoms have improved

Chills and/or fever of greater than 38.0°C (100.4°F)*

Their fever has remained below 38.0°C (100.4°F) for 24 hours without medication

Runny nose/congestion, sore throat or headache/ear ache

Their symptoms have improved

Unexplained nausea, vomiting and/or diarrhea

Their symptoms have improved and they are eating regularly, or for gastrointestinal illnesses, after 48 hours from symptoms resolving

Conjunctivitis (pink eye)

They have seen a doctor and 24 hours after first eye drops have been given

COVID-19

It is at least 5 days from when symptoms started, the symptoms have improved and they wear a mask for the next 5 days while indoors at YMCA Child Care

Skin infections, new or unexplained rash or signs of any contagious disease

They have been examined by a doctor and have received medical clearance

Any form of untreated infestation (i.e. scabies, head lice, etc.)

They have been treated and have no eggs or nits

Any symptoms or illness which require greater care and attention to be provided which compromises the care of the other children attending the program

Their symptoms have improved or they have a doctor's note

Any symptoms or illness which the Educator knows or believes may indicate that the child poses a health risk to persons on the program premises

They have written notice from a doctor claiming the child does not pose a health risk to persons on the program premises

*It is recommended that your child receives 2 negative COVID-19 test results with at least 24 hours between tests before returning to care.

Children may return to YMCA Child Care when they no longer pose a health risk to others and they can fully participate in the program. The YMCA reserves the right to contact parents/guardians to pick up their child immediately if they feel their child is too ill to participate in the program.