

GCBC Well Child Guidelines (edited 7/24/20)

Any child entering the classroom must have been free of the following symptoms for 24 hours or more: fever, cold/flu, green or yellow runny nose, persistent cough, diarrhea, vomiting, discharge in or around the eyes, rashes and skin eruptions and any contagious disease

Signs and Symptoms may include some or all of the following:

- Fever
- Body/muscle aches
- Runny or stuffy nose
- Sore throat
- Nausea, vomiting or diarrhea
- Dry Cough
- Questionable Rash (other than diaper rash)
- Headache
- Extreme tiredness

Information obtained from www.cdc.gov

Volunteers:

Please remember to encourage and help children to follow these basic infection prevention strategies.

- Cover their nose and mouth with a tissue when coughing or sneezing, and then throw the tissue away in the trash.
- Teach the kids to sneeze in the crook of their arm if a tissue isn't within reach.
- Wash kids hands often with soap and water, especially after they cough or sneeze.
- Use a hand sanitizer containing alcohol that is provided in every classroom.
- Avoid touching the eyes, mouth or nose, which will help stop the spread of germs.
- Avoid close contact with people who are ill.
- If a child is sick, isolate the child and call the parent to take them home.

Parents:

- Please don't bring an ill child to church. See well child policy above.
- Your child should be fever free for at least 24 hours **without** a fever reducing medication before returning to church.
- If you suspect your child has the flu, contact your doctor.