

# pain

Your child should be cared for at home if pain prevents the child from participating comfortably in activities.

## Earache

Your child may have an ear infection. Consult your doctor. To relieve pain, give your child acetaminophen or ibuprofen as recommended by your child's doctor. If your child does not have a fever and/or is not in severe pain, the child may attend child care.

## Toothache

Call your dentist.

## Headache

A child should be kept at home if headaches are severe and do not respond to acetaminophen or ibuprofen. Consult your doctor if the headaches persist.



The information in this pamphlet is not intended as medical advice, but as simple guidelines to follow until you can contact your doctor or healthcare provider for advice.

At your child's annual check-up it is wise to discuss what should be done in the event of illness, how and when to contact the doctor, and what medications should be available in your home. Also, talk to your child care provider about her illness policies.

The Maryland Committee for Children gratefully acknowledges the Massachusetts Medical Society and the Massachusetts Medical Society Alliance for sharing their brochure entitled: *Attendance at School: Should my child be in school with this illness?* and granting non-exclusive permission to adapt their concept.



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# attendance at child care:

## should my child be in care with this illness



My child's doctor's telephone number

My child's dentist's telephone number

My child care provider's telephone number

Keep this brochure for future reference.

# stomach-ache vomiting diarrhea

A child with persistent abdominal pain continuing more than two hours or intermittent pain along with fever or other symptoms should be seen by a doctor. A child with vomiting and/or diarrhea should be kept at home for 24 hours\* after symptoms have resolved and the child is able to keep down food and fluids. Consult your doctor if your child eats or drinks poorly or looks dehydrated (dry mouth, no tears, sunken eyes, urinates less than 4 times in 24 hours).

**Remember to wash your hands and your child's hands frequently.**

\*(Source: Caring For Our Children, American Academy of Pediatrics and American Public Health Association)

When you call your doctor, you need to know:

1. When the illness began.
2. How often the vomiting or diarrhea is occurring.
3. If your child also has a fever.
4. If your child is listless.

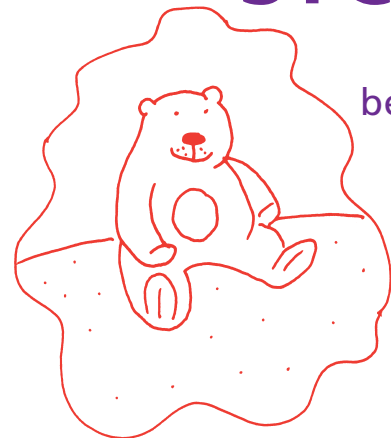
## red eyes

**When the white part of the eye appears red and produces a clear, white, yellow or green crusty discharge:**

Your child may have conjunctivitis. Call your doctor if the discharge is white, yellow or green and keep your child home. Your child may return to child care after 24 hours of treatment. If your child has a watery discharge, he/she does not need to stay home unless there are other signs of an illness such as a rash or fever.

**Remember: the best way to prevent illness is by washing your hands and your child's hands frequently. Give your child a separate towel and washcloth.**

**sick**  
children  
belong at home



## cold sore throat cough

Children average three to eight colds per year, ten if they are in child care. If cold and cough symptoms are associated with a fever or the symptoms do not improve in several days, call your doctor. Your child may attend child care if there is no fever.

A sore throat, with a fever and swollen glands, may mean strep throat. Call your doctor to have your child evaluated. Children with strep throat who do not have fevers may return to care after 24 hours on antibiotics.

When you call your doctor, you need to know:

1. When the symptoms began.
2. If your child has a fever.
3. Has your child been exposed to any serious illnesses?
4. The type of cold medicines you have at home.

## fever

**Your child may not attend child care with a fever.**

Fevers are usually signs of infection. Make sure that you have a thermometer at home and can take your child's temperature. You should consult your doctor if your child's temperature is 100 degrees or more or is associated with other symptoms. Check with your doctor about the use of anti-fever medication for your child.



**well**  
children  
can attend child care

## rash

A rash may be due to a virus or may be a reaction to a medication or chemical (plant, detergents). If your child has a rash that you do not recognize or if the rash is associated with a fever, contact your doctor. Keep your child home from child care until you have discussed the rash with your doctor.

**Remember to wash your hands and your child's hands frequently.**

When you call your doctor, you need to know:

1. When the rash began.
2. The location, color, and texture of the rash.
3. If your child has a fever.
4. If your child has been exposed to other children with contagious illnesses (such as Chickenpox).