



KEEP ME HOME IF...

I have a fever



- Younger than 2 months with a temperature over 100.4°F; OR
- Older than 2 months with a temperature of 101°F or more AND have a sore throat, earache, headache, rash, vomit, diarrhea, or just not feeling well

I have diarrhea



- 2 loose/watery stools more than normal for child in 24 hours; OR
- Any blood or mucus in stool

I'm just not feeling very well



- Unusually tired
- Low activity level
- Pale
- Lack of appetite
- Cranky
- Crying more than normal
- Unable to keep up with program activities.

I'm vomiting



2 or more times in 24 hours

I have a rash, sores, lice, ringworm, or scabies



- Body rash (not related to allergic reaction, diapering, or heat)
- Oozing open sores or wounds
- Mouth sores with drooling
- Untreated head lice, ringworm or scabies

COVID-19 is not the only illness in the community. Child care and early learning programs are required to send children and staff home when they have any of the **symptoms above** (see Washington Administrative Code [WAC] 110-300-0205 for the full list of exclusion criteria).

Programs are allowed to have sick policies that are more cautious than WAC requirements. For example, a program may require a person be symptom-free for 24 hours before returning to care, or they may choose to exclude for COVID-19 symptoms and require a negative test before a child can return.

Nobody likes to get sick. Keeping your child home when sick helps teachers, children, and families from getting sick! Other things you can do to stay healthy:

- Wash your hands
- Stay up to date on your vaccinations, including COVID-19 and flu
- Consider wearing masks when you are in a crowded public setting