



West Wind Montessori

Illness & Communicable Disease Prevention Plan

West Wind Montessori has an obligation to ensure a healthy environment for all children, teachers and parents. A child must be fit and able to participate in daily activities. If a child is unable to participate in daily activities due to their physical health they must be kept home. To inform the school population about disease prevention, information from reliable sources such as the **BC Centre for Disease Control, Office of the Provincial Health Officer** and local health authorities has been included in this plan.

Our Communicable Disease Prevention Plan focuses on reducing the risk of transmission of communicable diseases for the health and safety of all.

Health Awareness

Parents, guardians, visitors and especially students should not come to school if they are sick or are displaying symptoms of illness. Parents/guardians should check the health of themselves and their child daily before coming to school. Daily checks help prevent the entire community from catching preventable diseases that can have serious effects on immune-compromised members of the community.

If a child appears ill, or displays any of the symptoms listed below, while at the facility **the parents/guardian will be contacted for pick-up.**

- Fever exceeding 38°C or 100°F
- Deep or chronic coughing
- Vomiting or complaints of nausea
- Diarrhea
- Complaints of headaches or stomach aches
- Persistent running nose (yellow/green discharge)
- Unhealed or infected wounds/blisters/sores
- Bleeding eczema
- An infection for which the child has not been on an antibiotic for at least 24 hours
- Major communicable diseases (for a full list, refer to the **BC Centre for Disease Control's** complete list of childhood communicable diseases at:

BC Centre for Disease Control : Quick Guide to Common Childhood Diseases

https://www.bccdc.ca/Health-Info-Site/Documents/communicable_disease/EN_Guide_Childhood_Diseases.pdf

Parents are required to notify the teacher immediately if their child contracts a communicable disease

If a child has vomited or is running a fever at home, they must be kept home for a **minimum of 24 hours**. If a child must be sent home for vomiting, severe nausea or high fever while at school, the child will not be accepted back at the facility for 2 business days.

Hygiene Practices at School

Hand Hygiene

Washing hands with soap and water is still the single most effective way to reduce the spread of illness. Children will be supported by the teachers in washing their hands for at least 20 seconds in the following circumstances:

- before and after eating and drinking
- after using the bathroom
- after being outside
- after sneezing and coughing
- after sticking fingers in the mouth
- whenever the hands look visibly dirty.

Hand sanitizer is encouraged in on-the-go situations outdoors such as:

- after sneezing/coughing
- interacting with any germ-bearing items or environmental conditions.

Respiratory Hygiene

Staff and parents should teach and reinforce good respiratory practices among students, including:

- Coughing or sneezing into their elbow or tissue
- Throwing away used tissues and immediately performing hand hygiene
- Refrain from touching their eyes, nose, or mouth with unwashed hands
- Refrain from sharing any food, drinks, unwashed utensils, lip balm or other personal items that have touched the mouth.

Bathroom Hygiene

All children are guided and coached on appropriate hygiene practices before and after using the bathroom:

- The importance of washing hands after using or touching the toilet
- Wiping properly (back to front) and disposing of toilet paper in the toilet
- Flushing the toilet after use and ensuring the seat is clean for the next user
- Washing hands immediately after using the toilet and before touching anything else

Cleaning & Disinfecting Bodily Fluids

Staff are to follow these procedures when cleaning and disinfecting bodily fluids (ie: vomit, stool, urine):

- Wear disposable gloves when cleaning blood or bodily fluids
- Washing hands after removing gloves
- Containing any soiled clothing within a sealed plastic bag

Environmental Disinfection Practices

Regular cleaning and disinfection of the environment helps prevent the spread of communicable diseases and reduces the severity of outbreaks that do occur. Cleaning of frequently touched surfaces occurs in compliance with provincial mandated childcare setting practices and when visibly dirty.

- Personal items, including water bottles, lip balm, straws, etc remain personal items and not shared between students
- Items that a person has placed in their mouths or that have been in contact with bodily fluids are removed from use immediately or cleaned immediately if they cannot be removed (ie. surfaces, floors, furniture). Any surfaces contaminated by bodily fluids are disinfected immediately.

General Cleaning and Washing

- Tables, counters, doorknobs, light switches, handrails and frequently touched surfaces are disinfected daily or when visibly dirty
- Frequently touched items, manipulatives and toys that are cleanable are cleaned monthly or after an illness outbreak.
- Fabric items that are washable and used by multiple children are washed bi-monthly or after an illness outbreak.
- Personal fabrics that are kept onsite (ie. Blankets, sheets, plushies) are washed weekly
- Carpets are vacuumed weekly or when visibly dirty
- Work mats are washed monthly or after an illness outbreak
- Sensory items such as sand, foams, playdough, etc, cannot be disinfected but are disposed of regularly or after an illness outbreak or other contamination.
- Garbage containers are emptied daily

Vaccinations

Vaccines are important tools to protect against many serious communicable diseases, such as measles, meningitis, influenza, chicken pox (varicella), etc.

Refer to the ***Health Link BC Vaccination Schedule*** or your family doctor for an appropriate vaccination schedule for your child.

Health Link BC : Vaccination Schedule

<https://www.healthlinkbc.ca/health-library/immunizations/schedules/children>

Proof of vaccination is NOT required for staff, students, parents or visitors, but both students and staff are encouraged to have up-to date vaccinations for major illnesses affecting children and immune-compromised individuals.

If you choose not to vaccinate your child, familiarize yourself with the symptoms of common childhood illness and your responsibilities as a parent.

Health Link BC : If you choose not to Immunize

<https://www.healthlinkbc.ca/health-library/immunizations/children/if-you-choose-not-immunize>

In the case of an outbreak of a communicable disease all parents will be informed immediately and any children exhibiting symptoms will need to stay home until they are symptom free or declared healthy by a medical health professional. In the case of a communicable illness outbreak, unvaccinated children will be asked to stay home until the outbreak has been brought under control and the environment disinfected.

Common Childhood Communicable Diseases

Please refer to the **BC Centre for Disease Control's** complete list of common childhood communicable diseases at: https://www.bccdc.ca/Health-Info-Site/Documents/communicable_disease/EN_Guide_Childhood_Diseases.pdf

Children diagnosed or suspected of being ill with any of following, will not be permitted at the childcare facility until declared well by a medical professional. These include, but not limited to:

- Chickenpox (varicella)
- Croup
- E. Coli
- Fifth disease
- Giardiasis (beaver fever)
- Influenza
- Hand-Foot-and-Mouth disease
- Head Lice
- Impetigo
- Measles
- Meningitis
- Mumps
- Mononucleosis
- Norovirus
- Pertussis (Whooping cough)
- Conjunctivitis (Pink Eye)
- Pinworms
- Ringworm
- Roseola
- Rotavirus
- Rubella
- Scabies
- All Streptococcal Infections

If a child at the facility is diagnosed with a communicable illness/disease, parents will be informed immediately and children exhibiting symptoms or diagnosed must stay home until cleared by a medical professional. In the case of a communicable illness outbreak, unvaccinated children will be asked to stay home during until the outbreak has been brought under control and the environment disinfected.