

Cold

- Colds are caused by viruses.
- Most colds last about a week.
- Antibiotics are generally not used to treat colds.
- Cold symptoms usually peak in severity at 3 or 5 days, then improve and disappear over the next 7 to 10 days.

COLD SYMPTOMS

- Colds typically start with clear, watery nasal discharge
- Stuffy or runny nose
- Sneezing
- Watery eyes
- Mild cough
- Mild fever
- Headache
- Lack of appetite
- Daytime cough that often gets worse at night
- If a fever is present, it is usually at the beginning of the cold and is generally low grade, lasting only 1 or 2 days

Sinusitis

- Sinusitis is an inflammation of the lining of the nose and sinuses.
- Viral sinusitis usually accompanies a cold.
- Bacterial sinusitis is a secondary infection caused by bacteria trapped in the sinuses.
- If your child has any of these symptoms, your child's doctor may wish to examine the child to see if an antibiotic is necessary.

SINUSITIS SYMPTOMS

- Bacterial sinusitis include cold symptoms for more than 10 days without improving, thick, yellow nasal discharge and a fever for at least 3 or 4 days in a row.
- Pain or tenderness around the eyes, cheekbones, or upper teeth
- Persistent bad breath along with the cold symptoms
- Swelling and dark circles around the eyes, especially in the morning
- May include severe headache

Alternative Kid Care Resources

In consideration of those times where outside commitments must be kept, **we have included some alternative sick care resources**, separate and apart from CDP, where your child can receive loving care when ill while you are away. The purpose for providing this information is to give parents a viable alternative to bringing a sick child to CDP. Please give adequate and due consideration to these options, as we work together to minimize the exposure of children and staff to sick children. We have **included a handy refrigerator magnet** with the resources and their contact phone numbers as a ready reference for you!

A special "Thank You" to the following Sponsors!

Mom's Best Friend

Phone: 972.446.0500
<http://momsbestfriend.com>

Mom's Best Friend is a household staffing and nanny agency selecting highly qualified, trusted professionals to serve the needs of families since 1994.

More than a nanny service, MBF Agency is among the largest and most established household staffing and nanny agencies with offices in Texas and Colorado placing experienced and dedicated professionals in nanny jobs, both private and corporate, as well as in a wide range of child care, housekeeper, and executive household support positions.

Our services include nannies, sitters, housekeepers, household managers, personal assistants, chefs, and a number of other household staff placements.

Pediatrics After Hours

Phone: 214.363.7242
www.pediafterhours.com
Located at the SW Corner of Preston and Forest

When your child needs treatment, no need to wait until tomorrow, or take off work to go to the doctor's office.

- Quality care – Staffed by Board certified physicians, nurse practitioners and nurses
- Convenient evening and weekend hours:
Weekdays: 4:30PM – 10:30 PM
Saturday: 11AM – 10PM,
Sunday: 10AM – 9PM
- Regular office co-pay and all major insurance plans accepted
- No appointment required
- Written follow-up with your pediatrician
- Comprehensive Care – wide range of services including on-site lab and x-ray



Child Development Program

at Highland Park United Methodist Church

3300 Mockingbird Lane Dallas, TX 75205
www.hpumc.org/CDP 214.521.2600

Health Awareness Program

Dear Parents:

Along with the excitement of starting a new school or school year comes the concern and anticipation about the possibility of your child coming into contact with common childhood illnesses. The CDP Advisory Council has put together some literature outlining some of the childhood illnesses encountered in the past at CDP, and how you as parents can make more informed decisions about when and how long to keep your little ones comfortable at home.

We understand the importance of keeping work and other outside commitments, but we also want to emphasize the importance of **NOT** ignoring your child's symptoms of illness, which ultimately puts other children, including at-home siblings and teachers, at risk of infection. Teachers play a vital role in our children's lives at CDP, and we need to keep them healthy, too!

This pamphlet addresses three areas of concern: (1) Alternative Care Resources; (2) General Prevention; and (3) Common Childhood Ailments. In the Common Childhood Ailments section, we have given a brief overview of the infection or illness. We have also included the return-to-school policy as presently stated in the letters parents receive once their child has been diagnosed by a doctor. In doing so, we are staying aligned with CDP policy and sending a consistent message to our CDP families.

Please be advised that this pamphlet should **NEVER** be referenced or used in lieu of your own doctor's sound advice. As such, the CDP Advisory Council has made an alternative choice to focus on the illness/infection, the signs, symptoms, and care alternatives, while leaving diagnosis and treatment between you and your child's physician. However, the CDP Advisory Council does suggest using this pamphlet as a guide to help you recognize the signs and symptoms of common childhood illnesses, and when it is appropriate to send your child to school or keep him/her home, preventing further exposure to other CDP staff and children. **Please be sure to call the CDP office at 214-521-2600 to let the CDP staff know if you child has been diagnosed with one of these or other contagious diseases so that the appropriate letter can be sent to other families.**

If you have any questions, please do not hesitate to contact Lisa Ochoa or Carolyn Lewis directly at 214- 521-2600.

For additional information, please visit: www.hpumc.org/CDP

**A project of the Child Development Program
at Highland Park United Methodist Church
Advisory Council**

Additional Resources

KidMed

214-345-7155

8190 Perot Lane, Dallas

(Childcare Center at Presbyterian Hospital)

Hours: 7:00 a.m. to 5:30 p.m. M-F, except holidays

Cost: \$12 per hour

Last Minute Option: Yes, this is a great last minute option

Requirements: 5 minute registration form. No application fees. Just call ahead to make an appointment.

Sniffles and Snuggles

972-661-0595

7777 Forest Lane, Dallas (Medical City)

Hours: 6:00 a.m.-8:30 p.m. M-F

Cost: \$47.50 per day + \$30 registration fee + \$75 annual application fee.

Last Minute Option: No

Requirements: Must set up an "in-take" appointment, fill out paper work, have it signed by your doctor, provide shot records, and pay an application fee.

Rotovirus

- Rotovirus is a virus that causes severe diarrhea, usually with fever and vomiting.
- It can cause children to lose body fluids very quickly.
- Rotovirus is especially serious for children less than two years of age.

ROTOVIRUS SYMPTOMS

Usually starts with nausea, vomiting, accompanied by a fever, followed by watery diarrhea

- Diarrhea can be mild to severe and generally will last for 3 to 9 days
- Combination of vomiting and diarrhea can cause dehydration
- If your child is experiencing these symptoms, please contact your doctor

Return to School Policy:

Children may not be readmitted to school until 24 hours after the watery diarrhea has stopped. Until this point, children are still considered contagious.

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In the words of Benjamin Franklin, "An ounce of prevention is worth a pound of cure!" As such, we suggest the following general tips to help keep you and your family healthy:

General Prevention and Tips:

- Wash your hands before and after eating, feeding, diapering, toileting and wiping noses; follow good hand-washing procedures
- Wash hands several times a day
- Avoid sharing eating utensils, drinking cups, toothbrushes, washcloths, or towels with anyone who has a cold or fever
- Clean and disinfect your car seat/ booster and any surfaces in the car that you touch on a regular basis
- Wash dishes and utensils in hot, soapy water
- Clean and disinfect door knobs, light switches, crib frames, bathroom countertops, etc.
- Wash blankets, linens, loveys and favorite stuffed animals in the warmest water setting possible
- Clean and sanitize pacifiers regularly according to instructions
- Keep healthy eating and sleeping habits

Common Childhood Ailments

Because of the variable nature of most common childhood ailments, please note that the general CDP Return to School Policy is the most commonly followed procedure.

This policy states, "Children can return to school when symptoms are improving and the child(ren) have been fever-free for 24 hours without the use of Tylenol or Motrin." Where the policy below differs from this we have stated the specific policy found in the CDP's current notification letters.

However, this policy may change based on the child's needs and the impact to the CDP, so please be prepared to follow the letter that will be sent home with your child should he/she contract

- Ear Infection
- Flu
- RSV
- Strep Throat
- Pink Eye
- Fifths Disease
- Vomiting/Diarrhea
- Cold
- Sinusitis

Ear Infection

- Fluid can build up in the middle ear due to a cold, allergies or an infection of the nose or throat.
- If bacteria or a virus infects this fluid, it can cause swelling and pressure on the eardrum, resulting in an earache.
- If your child has any of these symptoms, your child's doctor may wish to examine the child to see if an antibiotic is necessary.

EAR INFECTION SYMPTOMS

- Ear drainage that is yellow or white, possibly tinged with blood
- Ear pain
- Not eating well
- Vomiting or diarrhea
- Not sleeping well
- Fever and/or trouble hearing.

FLU

- Influenza ("flu") is a highly contagious respiratory infection caused by a virus.
- It occurs most frequently between October and May; peaks around January and February.
- The flu differs from the common cold in the way it produces high fever, headache, and extreme exhaustion.
- A visit to your doctor and a quick nasal swab flu test can help determine an influenza diagnosis.
- Fever develops and rises rapidly in the first 12 hours to between 100-104 °F.
- **Seeing a doctor quickly for antiviral flu meds could help decrease symptoms.**

Flu Symptoms

- Flu symptoms include chills, sudden fever (usually over 101 ° F), headache, muscle and joint pain, fatigue, dizziness, tearing, burning eyes, poor appetite, dry hacking cough, (mild) sore throat, and nasal stuffiness.
- Children may additionally experience nausea, diarrhea, and vomiting.
- After 5 days, most symptoms disappear, but a cough and weakness may persist.
- Symptoms are usually gone within 7-14 days.

Return to School Policy

A sick child will need to stay at home during the first days of illness when symptoms are most severe and the infection is most contagious. Children can return to school when symptoms are improving and the child(ren) have been fever-free for 24 hours without the use of Tylenol or Motrin.

Pink Eye

- Pink eye is an infection of the lining of the eyelid, usually caused by allergens, viruses, or bacteria.
 - It is one of the more common ailments among children
 - While pink eye can be viral or bacterial, the viral and bacterial types are contagious and spread easily.
- #### PINK EYE SYMPTOMS
- Redness that involves the white of the eye (or both eyes)
 - Watery, itchy or burning eyes
 - White, yellow or green discharge coming from the eye and/or crusting in the eye that lasts all day
 - Discharge may cause the eyelashes to stick together
 - Trouble opening the eye when waking up from sleep
 - Please see your pediatrician if your child has these symptoms

Return to School Policy

A child with pink eye may not come back to school until one of the following has occurred: (1) Child has received at least 24 hours of antibiotic treatment Or (2) the child is released (with a note) to come back by the child's healthcare provider.

Fifth's Disease

- Fifth's disease is a viral illness that is common in young children.
- The area of most concern with this virus involves exposure to pregnant women.
- If your child contracts this illness and you are pregnant, please contact your obstetrician.
- The incubation period can be 4-20 days.

FIFTH DISEASE SYMPTOMS

- Begins with a possible low-grade fever, headache, and mild cold-like symptoms
- Symptoms pass, and the illness seems to be gone, until a rash appears a few days later.
- Bright red rash typically begins on the face.
- Appears that child's cheeks have been "slapped."
- Rash spreads over the body and can become blotchy on the extremities; takes on a lacy net-like appearance

Return to School Policy:

Children can return to school when the child(ren) have been fever-free for 24 hours without the use of Tylenol or Motrin.

For additional information, please visit: www.hpumc.org/CDP

Vomiting/Diarrhea

- Diarrhea is the passage of watery stools.
- Most diarrhea in children is caused by one of several diarrhea-causing viruses and gets better by itself within a week.
- A child with viral diarrhea sometimes has a fever and often starts the illness with some vomiting.
- Shortly after these symptoms appear, the child develops diarrhea.
- Most of the time, mild diarrhea lasts from 3 to 6 days.
- Occasionally a child will have loose stools for several days longer.
- Be sure and watch for signs of dehydration, which include blood or mucus in the stool, no tears when crying, dry diaper or no urination for 6 hours, dry mouth, skin or lips, sunken eyes, not alert as usual, high fever or sunken soft spot on the head (for infants).
- Call your doctor if you suspect dehydration or if your child has vomiting or diarrhea that will not go away.

Return to School Policy:

For vomiting, please keep your child at home until they have kept their food down after eating a meal, and for diarrhea, until the child has had a normal bowel movement. Children can still be contagious even after symptoms have stopped.

RSV

- RSV is an illness that usually resembles a moderate to severe cold.
- RSV is very contagious.

RSV Symptoms

- Stuffy or runny nose
- Sore throat
- Wheezing and coughing
- Fever
- Earache

- Babies and toddlers may have additional symptoms that can include: lack of appetite, irritability, disrupted sleep and listlessness.
- Symptoms gradually resolve sometime between 10 and 14 days.
- Complications can include development of bronchiolitis and pneumonia.

Return to School Policy

Children can return to school when the child(ren) have been fever-free for 24 hours without the use of Tylenol or Motrin, and their physician has given them a letter allowing them to return to school.

Strep Throat

- Strep throat is caused by a bacterium called streptococcus.
- **It must be treated with antibiotics.**
- Please see your physician if your child is experiencing a sore throat or other symptoms for definitive diagnosis.

STREP THROAT SYMPTOMS

- Strep throat symptoms vary depending on the child's age
- Infants may have only a low fever and a thickened nasal discharge.
- Toddlers (ages one to three) may have a slight sore throat, a little fever, crankiness, decreased appetite, and swollen glands in the neck.
- Older children with strep are often more ill; they may have an extremely painful throat, fever over 102 ° F , swollen glands in the neck, and pus on the tonsils.

Return to School Policy:

Children will not be contagious after a full 24 hours of taking an antibiotic and may return to school.

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