

# Sunrise Sunday School Sick Policy



## **To Parents/ Guardians,**

Please help us minimize **illnesses** in our Sunday school setting. Flu season will soon be upon us and we would like to keep our children healthy. To minimize the spread of any illness, we will be asking all kids to wash their hands or to use hand sanitizer upon arrival to class. We will make hand sanitizers and soap available in each classroom.. We will also be using Clorox wipes on all tables and counters immediately after class and janitors will be cleaning the preschool/Sunday School area on a daily basis. With the efforts of all of us, we hope to have a healthy Fall and Winter.

**These guidelines should be used to help you decide whether or not your child should come to Sunday school.**

## **Illness Guidelines: When to Keep Your Child Home**

Children **with severe cold symptoms** should not attend Sunday school.

Cold symptoms may include:

- a constant runny nose, especially with abnormal color or consistency (this is especially important if your child is unable to use a kleenex by him(her)self
- nasal or lung/chest congestion
- coughing that is constant or persistent
- recurrent sneezing that is not allergy related

**Do not send a child to Sunday school with an abnormal temperature- any temperature over 100 degrees** Symptoms to watch for might be a flushed face, chills, paleness or skin abnormally warm to the touch. One or all of these symptoms might be present. If in doubt at all, please take your child's temperature. Please keep an obviously sick child at home. **A child with a temperature needs to stay home for at least 24 hours. Remember, if you reduce your child's fever with medication like Tylenol, your child is STILL ill. Please do not medicate your child and send them to Sunday school. Children spread their illness most during the time they have a fever.**

- Do not send a child to Sunday school that has been **vomiting** within the last 12 hours.
- Do not send a child to Sunday school that has had **diarrhea** in the last 12 hours.
- Flu symptoms: fever over 100 degrees (usually high) **and** one or more of the following body aches, sore throat, cough, and/or headache. Do not send your child back to Sunday school until he/she has had no symptoms for at least 24 hours.

## **Guidelines on keeping your child healthy**

- **Wash hands** using soap and warm water for 15-20 seconds (sing the ABC song once)

Wash before eating, after using the bathroom, after playing outside, after using a tissue.

- **Cover cough /sneeze** into your sleeve. If a tissue is used, throw away tissue and wash hands.
- **Sleep** 8+ hours per night
- **Healthy eating** habits

Thanks for partnering with us to keep all of our children healthy.

Sharilyn Barteld  
Sunrise Children's Ministry Director