



Appendix A: Signs and Symptoms Chart

Routine Exclusion Criteria Applicable to All Signs and Symptoms

- Child is unable to participate in program activities.
- Care would compromise staff's ability to care for other children.
- Child meets other exclusion criteria (see Chapter 4, "Call Emergency Medical Services [EMS] [911] Immediately If" and "Get Medical Attention Within 1 Hour" boxes and Conditions Requiring Temporary Exclusion section).

Sign or Symptom	Common Causes	Concerns or Symptoms	Notify Programs Health Consultant, If Program Has One	Notify Parent/ Legal Guardian	Temporarily Exclude?	If Excluded, Readmit When
Cold Symptoms	<p><i>Viruses</i></p> <ul style="list-style-type: none"> • Adenovirus • Coronavirus (including SARS-CoV-2, the virus that causes COVID-19) • Enterovirus • Influenza virus • Parainfluenza virus • Respiratory syncytial virus (RSV) • Rhinovirus <p><i>Bacteria</i></p> <ul style="list-style-type: none"> • Mycoplasma • Pertussis 	<ul style="list-style-type: none"> • Coughing • Hoarse voice, barking cough • Runny or stuffy nose • Scratchy throat • Sneezing • Fever • Watery and pink eyes 	Not necessary unless epidemics occur (ie, RSV or vaccine-preventable disease like measles or varicella [chickenpox])	Yes	<p>No, unless</p> <ul style="list-style-type: none"> • Fever accompanied by behavior change. • Child looks or acts very ill. • Child has difficulty breathing. • Child has blood-red or purple rash not associated with injury. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). • During the COVID-19 pandemic, refer to the Centers for Disease Control and Prevention (CDC) recommendations: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html. 	Exclusion criteria are resolved.
Cough	<ul style="list-style-type: none"> • Common cold • COVID-19 • Lower respiratory infection (eg, pneumonia, bronchiolitis) • Croup • Asthma • Sinus infection • Bronchitis • Pertussis • Noninfectious causes like allergies 	<ul style="list-style-type: none"> • Dry or wet cough. • Runny nose (clear, white, or yellow-green). • Sore throat. • Throat irritation. • Hoarse voice, barking cough. • Coughing fits. • Irritation in any part of the respiratory tract, from nose and mouth to lung tissue, can cause coughing. 	Not necessary unless the cough is due to a vaccine-preventable disease, such as pertussis, which should be reported to the local public health department.	Yes	<p>No, unless</p> <ul style="list-style-type: none"> • Severe cough. • Rapid or difficult breathing. • Wheezing and not already evaluated and symptoms controlled by treatment. • Cyanosis (ie, blue color of skin or mucous membranes). • Pertussis is diagnosed and not yet treated. • Fever with behavior change. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). • During the COVID-19 pandemic, refer to the CDC recommendations: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html. 	Exclusion criteria are resolved.

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Diaper Rash	<ul style="list-style-type: none"> Irritation by rubbing of diaper material against skin wet with urine or stool Infection with yeast or bacteria 	<ul style="list-style-type: none"> Redness Scaling Red bumps Sores Cracking of skin in diaper region 	Not necessary	Yes	<p>No, unless</p> <ul style="list-style-type: none"> Oozing sores that leak body fluids outside the diaper. Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	Exclusion criteria are resolved.
Diarrhea	<ul style="list-style-type: none"> Usually viral, less commonly bacterial or parasitic COVID-19 Noninfectious causes such as dietary (drinking too much juice), medications, inflammatory bowel disease, or cystic fibrosis 	<ul style="list-style-type: none"> Frequent loose or watery stools compared with child’s normal pattern (Note that exclusively breastfed infants normally have frequent unformed and somewhat watery stools or may have several days with no stools.) Abdominal cramps Fever Generally not feeling well Vomiting occasionally present 	Yes, if 1 or more cases of bloody diarrhea or 2 or more children or educators in same group experience diarrhea within a week	Yes	<p>Yes, if</p> <ul style="list-style-type: none"> Directed by the local health department as part of outbreak management. Stool is not contained in the diaper for diapered children. Diarrhea is causing “accidents” for toilet-trained children. Stool frequency exceeds 2 stools above normal for that child during the time the child is in the program because this may cause too much work for early childhood educators and make it difficult to maintain good sanitation. Blood/mucus in stool. Black stools. No urine output in 8 hours. Jaundice (ie, yellow skin or eyes). Fever with behavior change. Looks or acts very ill. Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). During the COVID-19 pandemic, refer to the CDC recommendations: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html. 	<ul style="list-style-type: none"> Cleared to return by pediatric health professional for all cases of bloody diarrhea and diarrhea caused by Shiga toxin-producing <i>Escherichia coli</i>, <i>Shigella</i>, or <i>Salmonella</i> serotype Typhi until negative stool culture requirement has been met. Diapered children have their stool contained by the diaper (even if the stools remain loose) and toilet-trained children do not have toileting accidents. Stool frequency is no more than 2 stools above normal for that child during the time the child is in the program, or what has become normal for that child when the child seems otherwise well. Exclusion criteria are resolved.



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Difficult or Noisy Breathing	<ul style="list-style-type: none"> Common cold COVID-19 Croup Epiglottitis Bronchiolitis Asthma Pneumonia Object stuck in airway Exposed to a known trigger of asthma symptoms (eg, animal dander, pollen) 	<ul style="list-style-type: none"> Common cold: stuffy/runny nose, sore throat, cough, or mild fever. Croup: barking cough, hoarseness, fever, possible chest discomfort (symptoms worse at night), or very noisy breathing, especially when breathing in. Epiglottitis: gasping noisily for breath with mouth wide open, chin pulled down, high fever, or bluish (cyanotic) nails and skin; drooling, unwilling to lie down. Bronchiolitis and asthma: child is working hard to breathe; rapid breathing; space between ribs looks like it is sucked in with each breath (retractions); wheezing; whistling sound with breathing; cold/cough; irritable and unwell. Takes longer to breathe out than to breathe in. Pneumonia: deep cough, fever, rapid breathing, or space between ribs looks like it is sucked in with each breath (retractions). Object stuck in airway: symptoms similar to croup (listed previously). Exposed to a known trigger of asthma symptoms and the child is experiencing breathing that sounds or looks different from normal for that child. 	Not necessary except for epiglottitis	Yes	<p>Yes, if</p> <ul style="list-style-type: none"> Fever with behavior change. Child looks or acts very ill. Child has difficulty breathing. Rapid breathing. Wheezing if not already evaluated and symptoms controlled by treatment. Cyanosis (ie, blue color of skin or mucous membranes). Cough interferes with activities. Noisy, high-pitched breath sounds can be heard when the child is at rest (stridor). Child has blood-red or purple rash not associated with injury. Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). During the COVID-19 pandemic, refer to the CDC recommendations: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html. <p><i>Note:</i> Emergency care may be needed for some of the conditions herein (see Situations That Require Medical Attention Right Away in Chapter 4).</p>	Exclusion criteria are resolved.
Earache	<ul style="list-style-type: none"> Viruses (common cold) followed by bacteria 	<ul style="list-style-type: none"> Fever Pain or irritability Difficulty hearing “Blocked ears” Drainage Ear tugging or pulling in young children 	Not necessary	Yes	No, unless child meets routine exclusion criteria (See Conditions Requiring Temporary Exclusion in Chapter 4.)	Exclusion criteria are resolved.



Appendix A: Sign and Symptoms Chart

Sign or Symptom	Common Causes	Concerns or Symptoms	Notify Programs Health Consultant, If Program Has One	Notify Parent/ Legal Guardian	Temporarily Exclude?	If Excluded, Readmit When
Eye Irritation, Pinkeye	<ul style="list-style-type: none"> Bacterial infection of the membrane covering 1 or both eyes and eyelids (bacterial conjunctivitis) Viral infection of the membrane covering 1 or both eyes and eyelids (viral conjunctivitis) Allergic irritation of the membrane covering 1 or both eyes and eyelids (allergic conjunctivitis) Chemical irritation of the membrane covering the eye and eyelid (irritant conjunctivitis) (eg, swimming in heavily chlorinated water, air pollution, smoke exposure) 	<ul style="list-style-type: none"> Bacterial infection: pink color of the “whites” of eyes and thick yellow/green discharge. Eyelid may be irritated, swollen, or crusted. Viral infection: pinkish/red color of the whites of the eye; irritated, swollen eyelids; watery discharge with or without some crusting around the eyelids; may have associated cold symptoms. Allergic and chemical irritation: red, painful, tearing, itchy, puffy eyelids; runny nose, sneezing; watery/stringy discharge with or without some crusting around the eyelids. 	Yes, if 2 or more children have red eyes with watery discharge	Yes	<p><i>For bacterial conjunctivitis</i></p> <p>No. Exclusion is not required for this condition. Pediatric health professionals may vary on whether to treat this condition with antibiotic medication. The role of antibiotics in treatment and preventing spread is unclear. Most children with pinkeye get better after 5 or 6 days without antibiotics.</p> <p><i>For red eyes with intense pain</i></p> <p>Refer to pediatric health professional.</p> <p><i>For other eye problems</i></p> <p>No, unless child meets other exclusion criteria (See Conditions Requiring Temporary Exclusion in Chapter 4.)</p> <p><i>Note:</i> One type of viral conjunctivitis spreads rapidly and requires exclusion. If 2 or more children in the group have watery red eyes without any known chemical irritant exposure, exclusion may be required, and health authorities should be notified to determine if the situation involves the uncommon epidemic conjunctivitis caused by a specific type of adenovirus. Herpes simplex conjunctivitis (red eyes with blistering/vesicles on eyelid) occurs rarely and would also require exclusion if there is eye watering.</p>	<ul style="list-style-type: none"> <i>For bacterial conjunctivitis</i>, once parent has discussed with pediatric health professional. Antibiotics may or may not be prescribed. Exclusion criteria are resolved.



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Fever	<ul style="list-style-type: none"> Any viral, bacterial, or parasitic infection Vigorous exercise Reaction to medication or vaccine Other noninfectious illnesses (eg, rheumatoid arthritis, malignancy) 	<p>Flushing, tired, irritable, decreased activity</p> <p><i>Notes</i></p> <ul style="list-style-type: none"> Fever alone is not harmful. When a child has an infection, raising the body temperature is part of the body's normal defense against germs. Children can have higher than normal temperatures if they are outside doing vigorous exercise. Rapid elevation of body temperature sometimes triggers a febrile seizure in young children; this usually is outgrown by age 6 years. The first time a febrile seizure happens, the child requires medical evaluation. These seizures are frightening but are usually brief (less than 15 minutes) and do not cause the child any long-term harm. Parents should inform their child's health professional every time the child has a seizure, even if the child is known to have febrile seizures. <p>Warning: <i>Do not</i> give aspirin. It has been linked to an increased risk of Reye syndrome (a rare and serious disease affecting the brain and liver).</p>	Not necessary	Yes	<p>No, unless</p> <ul style="list-style-type: none"> Behavior change or other signs of illness in addition to fever or child meets other routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). During the COVID-19 pandemic, refer to the CDC recommendations: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html. <p><i>Note:</i> A temperature considered meaningfully elevated above normal, although not necessarily an indication of a significant health problem for infants and children older than 2 months, is above 101 °F (38.3 °C) from any site (axillary, temporal/forehead, oral, or rectal).</p> <p><i>Get medical attention</i> when infants younger than 4 months have unexplained fever. In any infant younger than 2 months, a temperature above 100.4 °F (38.0 °C) is considered meaningfully elevated and requires that the infant get medical attention promptly, within 1 to 2 hours if possible. The fever is not harmful; however, the illness causing it may be serious in this age group.</p>	Exclusion criteria are resolved.



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Headache, Stiff or Painful Neck	<ul style="list-style-type: none"> Any bacterial/viral infection Other noninfectious causes 	<ul style="list-style-type: none"> Tired and irritable Can occur with or without other symptoms 	Not necessary	Yes	<p>No, unless child meets routine exclusion criteria (See Conditions Requiring Temporary Exclusion in Chapter 4.)</p> <p><i>Note:</i> Notify pediatric health professional in the case of sudden, severe headache with fever, vomiting, or stiff neck that might signal meningitis. A stiff neck would be concerning if the back of the neck is painful or the child can't look at their belly button (putting chin to chest)—different from soreness in the side of the neck.</p>	Exclusion criteria are resolved.
Itching	<ul style="list-style-type: none"> Ringworm Chickenpox Pinworm Head lice Scabies Allergic (hives) or irritant reaction (eg, poison ivy) Dry skin or eczema Impetigo 	<ul style="list-style-type: none"> Ringworm: itchy ring-shaped patches on skin or bald patches on scalp. Chickenpox: blister-like spots surrounded by red halos on scalp, face, and body; fever; irritable. Pinworm: anal itching. Head lice: small insects or white egg sheaths that look like grains of sand (nits) in hair. Scabies: severely itchy red bumps on warm areas of body, especially between fingers or toes. Allergic or irritant reaction: raised (hives), circular, mobile rash; reddening of the skin; blisters occur with local reactions (poison ivy, contact reaction). Dry skin or eczema: dry areas on body. More often worse on cheeks, in front of elbows, and behind knees. In infants, may be dry areas on face and anywhere on body but not usually in diaper area. If swollen, red, or oozing, think about infection. 	Yes, for infestations such as lice and scabies; if more than 1 child in group has impetigo or ringworm; for chickenpox	Yes	<p><i>For chickenpox</i></p> <p>Yes, until lesions are fully crusted</p> <p><i>For ringworm, impetigo, scabies, and head lice</i></p> <p>At the end of the day, the child should see a pediatric health professional and, if any of these conditions are confirmed, the child should start treatment before returning. If treatment is started before the next day, no exclusion is necessary. However, the child may be excluded until treatment has started.</p> <p><i>For pinworm, allergic or irritant reactions like hives, and eczema</i></p> <p>No, unless</p> <ul style="list-style-type: none"> Appears infected as a weeping or crusty sore. <p>There is a concern for food allergy when hives are accompanied by breathing difficulties (eg, wheezing, noisy breathing), severe irritability, explosive diarrhea, or vomiting within 15 to 30 minutes of food exposure.</p>	<ul style="list-style-type: none"> Exclusion criteria are resolved. On medication or treated as recommended by a pediatric health professional if treatment is indicated for the condition.



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Itching <i>(continued)</i>		<ul style="list-style-type: none"> • Impetigo: areas of crusted yellow, oozing sores. Often around mouth or nasal openings or areas of broken skin (insect bites, scrapes). 			<p><i>Note:</i> Although exclusion for these conditions is not necessary, families should seek advice from the child’s health professional for how to care for these health problems.</p> <p><i>For any other itching</i></p> <p>No, unless the child meets routine exclusion criteria (See Conditions Requiring Temporary Exclusion in Chapter 4.)</p>	
Mouth Sores	<ul style="list-style-type: none"> • Oral thrush (yeast infection) • Herpes or coxsackievirus infection • Canker sores 	<ul style="list-style-type: none"> • Oral thrush: white patches on tongue, on gums, and along inner cheeks • Herpes or coxsackievirus infection: pain on swallowing; fever; painful, white/red spots in mouth; swollen lymph nodes (neck glands); fever blister, cold sore; reddened, swollen, painful lips • Canker sores: painful ulcers inside cheeks or on gums 	Not necessary	Yes	<p>No, unless</p> <ul style="list-style-type: none"> • Drooling steadily related to mouth sores. • Fever with behavior change. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	Exclusion criteria are resolved.
Rash	<p>Many causes</p> <ul style="list-style-type: none"> • Viral: roseola infantum, fifth disease, chickenpox, herpesvirus, molluscum contagiosum, warts, cold sores, shingles (herpes zoster), and others 	<ul style="list-style-type: none"> • Skin may show similar findings with many different causes. Determining cause of rash requires a competent pediatric health professional evaluation that takes into account information other than just how rash looks. <i>However, if the child appears well other than the rash, a pediatric health professional visit is not necessary.</i> 	For outbreaks, such as multiple children with impetigo within a group	Yes	<p>No, unless</p> <ul style="list-style-type: none"> • Rash with behavior change or fever. • Has oozing/open wound that can’t be covered. • Has bruising not associated with injury. • Has joint pain and rash. • Rapidly spreading rash consisting of pinpoint round spots with reddish-purple color. • Tender, red area of skin, especially if it is increasing in size or tenderness. <p>Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4).</p>	<ul style="list-style-type: none"> • On antibiotic medication for required period (if indicated). • Infestations (lice and scabies) and ringworm can be treated at the end of the day with immediate return the following day. • Exclusion criteria are resolved.



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Rash (continued)	<ul style="list-style-type: none"> • Skin infections and infestations: ringworm (fungus), scabies (parasite), impetigo, abscesses, and cellulitis (bacteria) • Scarlet fever (strep infection) • Severe bacterial infections: meningococcus, pneumococcus, <i>Staphylococcus</i> (methicillin- susceptible <i>S aureus</i>; methicillin-resistant <i>S aureus</i>), <i>Streptococcus</i> • Noninfectious causes: allergy (hives), eczema, contact (irritant) dermatitis, medication related, poison ivy, vasculitis 	<ul style="list-style-type: none"> • Viral: usually signs of general illness such as runny nose, cough, and fever (except not for warts or molluscum). Some viral rashes have a distinctive appearance. • Minor skin infections and infestations: see Itching. • More serious skin infections: redness, pain, fever, pus. • Severe bacterial infections: rare. These children usually have fever with a rapidly spreading blood- red rash and may be very ill. • Allergy may be associated with a raised, itchy, pink rash with bumps that can be as small as a pinpoint or large welts known as hives. See also Itching for what might be seen for allergy or contact (irritant) dermatitis or eczema. • Vasculitis rash can be itchy, with small or large red or purple spots that resemble bruises, sometimes with red puffy hands or feet. 			<ul style="list-style-type: none"> • Diagnosed with a vaccine-preventable condition, such as chickenpox. 	

▶ continued



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Sore Throat (pharyngitis)	<ul style="list-style-type: none"> • Viral: common cold viruses that cause upper respiratory infections, including SARS-CoV-2, the virus that causes COVID-19 • Strep throat 	<ul style="list-style-type: none"> • Viral: verbal children will complain of sore throat; younger children may be irritable with decreased appetite and increased drooling (refusal to swallow). Often see symptoms associates with upper respiratory illness, such as runny nose, cough, and congestion. • Strep throat: red tissue with white patches on sides of throat, at back of tongue (tonsil area), and at back wall of throat. Unlike viral pharyngitis, strep throat infections are <i>not</i> typically accompanied by cough or runny nose and usually occur in children older than 3 years. • Tonsils may be large, even touching each other. Swollen lymph nodes (sometimes called “swollen glands”) occur as body fights of the infection. 	Not necessary	Yes	<p>No, unless</p> <ul style="list-style-type: none"> • Inability to swallow. • Excessive drooling with breathing difficulty. • Fever with behavior change. • Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). • During the COVID-19 pandemic, refer to the CDC recommendations: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html. <p><i>Note:</i> Most children with red back of throat or tonsils, pus on tonsils, or swollen lymph nodes have viral infections. If strep is present, 12 hours of antibiotics is required before return to care. Tests for strep infection are not usually necessary for children younger than 3 years because children younger than 3 years do not typically develop rheumatic heart disease—the primary reason for treatment of strep throat.</p>	<ul style="list-style-type: none"> • Able to swallow. • If strep, on medication at least 12 hours. • Exclusion criteria are resolved.



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Stomachache	<ul style="list-style-type: none"> Viral gastroenteritis or strep throat COVID-19 Problems with internal organs of the abdomen such as stomach, intestine, colon, liver, spleen, or bladder Nonspecific, behavioral, and dietary causes If combined with hives, may be associated with a severe allergic reaction 	<ul style="list-style-type: none"> Viral gastroenteritis or strep throat: vomiting and diarrhea or cramping are signs of a viral infection of the stomach or intestine. Strep throat may cause stomachache with sore throat, headache, and possible fever (see Sore Throat). Problems with internal organs of the abdomen: persistent severe pain in abdomen. Nonspecific stomachache: vague complaints without vomiting/ diarrhea or much change in activity. 	If multiple cases in same group within 1 week	Yes	<p>No, unless</p> <ul style="list-style-type: none"> Severe pain causing child to double over or scream. Abdominal pain after injury. Bloody/black stools. No urine output for 8 hours. Diarrhea (see Diarrhea). Vomiting (see Vomiting). Yellow skin/eyes. Fever with stomachache and/or behavior change. Looks or acts very ill. Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). During the COVID-19 pandemic, refer to the CDC recommendations: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html. 	<ul style="list-style-type: none"> Pain resolves. Exclusion criteria are resolved.



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Swollen Glands (properly called swollen lymph nodes)	<ul style="list-style-type: none"> Viruses: normal body defense response to viral infection in the area where lymph nodes are located (ie, in the neck for any upper respiratory infection). Bacteria: lymph nodes may be enlarging, one-sided, and painful. 	<ul style="list-style-type: none"> Normal lymph node response: swelling at front, sides, and back of the neck and ear; in the armpit or groin; or anywhere else near an area of an infection. Usually, these nodes are less than 1" across. Bacterial infection of lymph nodes: swollen, warm lumps under the skin with overlying pink skin, tender to the touch, usually located near an area of the body that has been infected. Usually, these nodes are larger than 1" across. 	Not necessary	Yes	No, unless <ul style="list-style-type: none"> Difficulty breathing or swallowing. Red, tender, warm glands. Fever with behavior change. Child meets routine exclusion criteria (see Conditions Requiring Temporary Exclusion in Chapter 4). 	<ul style="list-style-type: none"> Child is on antibiotics (if indicated). Exclusion criteria are resolved.
Urinating Frequently, Unusually Having Urine Accidents	<ul style="list-style-type: none"> Urinary infection Irritation of urogenital tissues by chemicals such as bubble bath 	Wet underclothing, uncomfortable while sitting, pulling at underclothing	Not necessary	Yes	No	Exclusion criteria are resolved.
Vomiting	<ul style="list-style-type: none"> Viral infection of the stomach or intestine (gastroenteritis), including COVID-19 Coughing strongly Other viral illness with fever Noninfectious causes: food allergy (vomiting, sometimes with hives), trauma, ingestion of toxic substance, dietary and medication related, headache 	Diarrhea, vomiting, or cramping for viral gastroenteritis	For outbreak	Yes	Yes, if <ul style="list-style-type: none"> Vomited more than 2 times in 24 hours Vomiting and fever Vomiting with hives Vomit that appears green/bloody No urine output in 8 hours Recent history of head injury Looks or acts very ill Child meets routine exclusion criteria (See Conditions Requiring Temporary Exclusion in Chapter 4.) During the COVID-19 pandemic, refer to the CDC recommendations: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html. 	<ul style="list-style-type: none"> Vomiting ends. Exclusion criteria are resolved.