



## M&M Kids Wellness Policy

It's that time of year when a lot of our children are coming down with colds and viruses. In order to keep our nurseries and classrooms as healthy as possible, we ask that you please keep your child home if he or she has exhibited any of the following symptoms in the past 24 hours. If we see signs of these symptoms, we will ask for you to pick up your child and be a part of helping keep others healthy.

- Fever greater or equal to 100 degrees
- Moderate drainage (clear or discolored) from the mouth, nose, or ears
- Ear pain or ear aches
- Skin rashes as they are difficult to diagnose unless by a physician
- Severe abdominal pain, vomiting, or diarrhea
- A deep, hacking cough with or without mucus
- Difficulty breathing or untreated wheezing
- Complaints of a stiff neck and headache
- An unusual coloring of the skin or eyes
- Cuts or openings that are pus-filled or oozing
- Lice or nits
- Any contagious disease (mumps, chicken pox, etc.)

Children should be excluded from M&M to rest and heal until their condition subsides or there is documentation from the child's doctor stating the child is no longer contagious. We want to keep everyone as healthy as possible—especially our littlest miracles in our nursery. Our children's ministry team appreciates your help.

If you have any questions, please contact Ashley Breckwoldt at [Ashley.breckwoldt@lakemarychurch.com](mailto:Ashley.breckwoldt@lakemarychurch.com).