



Sickness and Illness Policy

The health of the children and staff is of paramount concern to the nursery.

What we aim to do

- To provide a healthy environment for adults and children at nursery
- Ensure sick children are identified
- Protect children and adults from preventable infection
- Enable our staff and parents to be clear about the requirements and procedures when a child is unwell

How we will achieve this

If any child is thought to be unwell, we will assess the condition of the child. This will be done in a kind and caring manner to prevent distress of the child. The manager or deputy manager must be informed of any sick children.

Our policy for the exclusion of ill or infectious children is discussed with parents at the home visit and parents are told of the main key points:

- 48-hour exclusion from the last occurrence of fever/temperature, diarrhoea and vomiting and from the start of taking a new course of antibiotics
- We only give medication and creams which are prescribed, are at nursery in their original box with a pharmacy label and in date for that particular need.
- Children must be well enough to engage properly through the session/s attended

If a child becomes ill at nursery we will contact parents or other authorised adults to come and collect the child within one hour if possible. We will not do this unnecessarily, however decisions will be made according to the child's condition, the needs of the group will be taken into account and where the manager/deputy makes the decision to send a child home, that decision is final.

Whilst waiting for the parent/carer, the child will be comforted by a practitioner and depending on their condition, may be separate from the rest of the group. If necessary, appropriate medical action will be taken whilst awaiting for the child to be collected.

Any child with an infectious or contagious illness will be excluded for a certain period of time. If staff suspects that a child has an infectious or contagious illness, they will advise that parents consult a doctor before returning to the nursery.

Parents/carers will be contacted should their child have a fever of **37.6°C/99.6°F** or higher. We will attempt to reduce the fever by removing a layer of clothing, giving them a drink of water and then take their temperature 20 minutes later. If the fever

has not reduced or is still above 37.6°C/99.6°F, the parent/carer will be requested to collect their child as soon as possible. Parents will be asked to let the nursery know when the last occurrence of a fever/temperature, diarrhoea or vomiting has been before the child returns to nursery.

We only administer medications which have been prescribed by a GP or other doctor such as a paediatrician. The medication must have a pharmacy label with the child's name, instructions of how to administer the medication and be in date for that particular need.

We do not give unprescribed medications such as calpol, nurofen or non-branded alternatives to reduce fevers. It is only nappy and/or sun cream that we will put on a child (not needing to be prescribed), the parent signs a form in the Little Bicks book to give permission for this and provides the cream (named) to be used on their child.

Any prescribed medications are logged and signed by the parent. When administered to the child, the staff member giving it signs as does another staff member as a witness. This is shown to the parents at the end of the day. Storage instructions are followed i.e. stored in the fridge.

If a child has ongoing discharge from their ears, nose or eyes, the parent will be advised to seek medical advice before their child is allowed back to the nursery and, in some cases, a doctor's note may be required before returning.

A child who has sickness or two or more cases of diarrhoea whilst at the nursery is to be collected immediately and kept away for **48 hours from the last time** that they were sick or had diarrhoea.

Colds do not necessarily require the child to be excluded from the nursery but this does depend on the severity of the cold i.e. if the child's runny nose is yellow or green and if the child is able to cope with the nursery routine. A child who is or appears unwell may be refused admission; this will be at the discretion of the manager/deputy.

If your child has not been their normal self at home but is not showing signs of illness when brought into the nursery, please mention it to your child's key person, room leader or the manager/deputy to let them know how to best contact you during the day and how they can support your child whilst they are at nursery.

Should the manager/deputy consider the illness or situation needs immediate medical attention, emergency services will be contacted to take the child directly to hospital and the parent or emergency persons will be contacted accordingly.

In the unlikely event of the parent or emergency persons not being available, the most senior member of staff will assume charge and, if necessary, take the child to hospital with the relevant details.

Children must not come into nursery for 48 hours after leaving hospital following an admittance and after having an anaesthetic administered.

We operate an 'open door' policy towards parents in the nursery, so please feel free to discuss any concerns about your child with their key person or room leader.

We request immunisations details from parents/carers when they sign up with us and encourage them to inform us of new immunisations given after they have started including dates.

If any siblings are unwell, please do not bring them into the nursery.

Ofsted is notified of any infectious disease, which the management considers notifiable.

Other information to do with health can be found in our health and safety policy, and on the nursery's website.

Children who are unwell should not attend the nursery.

The guidelines for when your child returns to the nursery after an illness/infection or Hospital admission are as follows:

TYPES OF ILLNESS/INFECTION RECOMMENDED PERIOD OF ABSENCE

A full 48 hours after symptoms have stopped

Antibiotics - A full 48 hours from first dose

Chicken pox - children need to be absent from the nursery for a minimum of five days from the onset of the rash. If the spots are scabbed over and dried up and they are well enough in themselves, the child may return to nursery.

Conjunctivitis - To prevent the spread of conjunctivitis, suspected cases will be reported immediately to parents who will be requested to take their child from the nursery to be seen by the doctor or pharmacist for advice on what treatment is required. Once the child has been treated and the conjunctivitis appears controlled, providing the child is happy, they may return to nursery. Again, this will be at the discretion of the manager/deputy and in discussion with the parent to ensure that the spread of the infection is reduced to a minimum.

Coughs – A child may not come to nursery with a new, persistent cough. This would be anything more than three bouts of coughing over a period of one hour. If your child continues to cough, please seek medical advice.

Covid-19 – We follow government guidance on how to identify symptoms and how to deal with this and advise parents on actions to be taken if a child shows symptoms. Children may not come to nursery if they have had any form of paracetamol or ibuprofen that day as this can mask symptoms.

Croup – An infection of the airways that causes children to emit a ‘bark’ like cough. Spread by coughing and sneezing. Children must stay at home for the first three days after croup starts, if accompanied by a fever must stay at home until 48 hours after it has gone and must be well in themselves.

Colds and Sore Throats – If your child is complaining of a sore throat or a severe or green runny nose, they cannot be accepted into nursery. Please only send them back when they are fully well in themselves. Management reserve the right to send an unwell child with a cold home if they do not think that they are well enough to cope with the nursery routine or session, even if they do not have a fever.

German Measles (Rubella) - From the onset of the red or pink spotty rash, we do not allow children to return to nursery for a MINIMUM of five days, particularly as Rubella can be harmful to expectant mothers

Hand, Foot and Mouth disease – Blisters and spots in the mouth and on hands and feet. This is contagious and any child should not return until treatment has been given and not before 48 hours of symptoms starting at the earliest. Your child must feel well in themselves to return i.e. can eat comfortably – usually after around four days.

Head Lice – This is easily transmitted from head-to-head. Please use a course of treatment recommended by the pharmacist and inform the nursery so that we can inform other parents. If cases are identified whilst your child is at nursery, we ask for treatment to be used immediately to reduce the risk of spreading throughout the nursery. As soon as your child has been treated they may return to nursery

Hepatitis – Inflammation of the liver. We are unable to accept an infectious child until they are declared fit by a doctor

Impetigo (and other infectious skin disorders e.g. cold sores) – Highly infectious – your child should not return until they have been taking the medication for at least 48 hours **and** until all scabs have cleared from the infected area

Kawasaki disease - the symptoms are a high temperature that lasts for five days or more with a rash, swollen glands in the neck, dry, cracked lips, red fingers or toes and red eyes. A GP needs to be contacted urgently if a child has these symptoms, if diagnosed and treated properly (in hospital), recovery is between six and eight weeks. Return to nursery must be after the child is declared fit by a doctor in writing.

Measles – From the onset of the red-brown blotch rash, we recommend at least seven days away from nursery

Meningitis – The nursery is unable to accept an infectious child until declared fit by a doctor

Mumps – Your child must not return to nursery until the swelling has gone and their temperature is back to normal. Please allow seven days away from nursery

Plantar warts – no exclusion. Should be treated and covered.

Poliomyelitis – your child cannot come to nursery until declared free from infection by the appropriate public health official

Ringworm – (of body) provided treatments has been started, your child can return to nursery. Ringworm (of scalp) may require a prescription shampoo

Scabies – Red, itchy rash often starting in between the fingers. Requires immediate treatment and your child can return 24 hours after the treatment has been applied

Scarlet Fever – Your child cannot be accepted back until fully recovered and well in themselves and antibiotics has been taken for 48 hours. If not on antibiotics, for 48 hours after the fever has gone. (The bacteria can cause throat and ear infections, pin point rash and the skin becomes dry and flaky)

Slapped Cheek Disease – Please do not bring your child to nursery until they are fully recovered and well in themselves as this is harmful to expectant mothers

Strep A – Strep A is more common in children and is spread by close contact with an infected person. Symptoms include flu-like symptoms, sore throat, a rash, muscle aches, vomiting. A child with Strep A should stay away from nursery until they are well enough in themselves to return to nursery and 48 clear of a fever without medication.

Temperature – if sent home ill with a fever of **37.6°C/99.6°F** or over, please do not bring your child back to nursery until **48 hours have passed since they lost the fever.**

Threadworms – no need for exclusion but prompt treatment is necessary for the whole family. The nursery must be informed

Tonsillitis – Tonsils swell, become red and inflamed and may show white spots. A child cannot be accepted until happy and well in themselves and they have had 48 hours since their first dose of antibiotics

Tuberculosis – Your child may not come back to nursery until fully recovered. Please liaise with the local Health Authority

Typhoid – Your child may not come back to nursery until declared free from infection by the appropriate public health official

Whooping cough – Your child may not return to nursery until fully recovered and a course of treatment completed – usually 21 days from onset

Should you or any other member of your immediate family have any of the above illnesses, please remember that your child, whilst not necessarily showing any symptoms, may be incubating the illness and therefore infecting other nursery children and staff.

Hospital Admissions Full 48 hours after discharge from Hospital.

Anaesthetic Full 48 hours after anaesthetic has been given.

Guidelines taken from www.nhs.co.uk, D.O.H. Health Protection Units of Herts, Lister Hospital Day Surgery.

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| Date policy was reviewed | March 2023 |
| This policy is due for review before | March 2024 |