



Illness Policy

Statement of Intent

The health and wellbeing of all the children, staff and parents who attend the nursery is of paramount importance to us. In order for the nursery to provide a clean and healthy environment and to control the spread of infection it is important for everyone to follow procedures. We believe that unwell children need to be at home in order to recover from illnesses where they are more comfortable, this includes both infectious and non-infectious illness. Nursery life can be demanding, and the environment is not conducive to supporting children's recovery.

“The nursery is committed to safeguarding and promoting the welfare of children, young people and adults at all times and expects everybody working within this setting to share this commitment”

We aim to:

- Ensure sick children are identified.
- Ensure sick children are cared for appropriately.
- 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.
- Provide a safe, secure and hygienic environment, following stringent planned cleaning procedures and policies, including ongoing daily cleaning routines throughout the working day. Deep and thorough cleaning practice following infectious outbreaks.
- Inform and advise all persons who have contact with the pre-school, Parents, Children (New and Expectant mothers) and Visitors of an outbreak and information relating to symptoms, prevention and treatment required.
- Report infectious outbreaks to the appropriate authorities.

Procedure

- If any child is thought to be unwell, we will assess the symptoms of the child and deal with them in the appropriate way which is dependent on the symptoms.

- Any child with an infectious or contagious disease will be excluded for a required period. If staff suspect that a child has an infectious or contagious disease, they will advise parents to consult a doctor/Pharmacist before returning to the pre-school.
- Should a child become ill whilst at the nursery, the **Manager** or **Key person** will contact the parent or emergency contacts, we ask for the child to be collected as soon as possible. The child will be comforted by the **key person** who will take appropriate action which will include medical advice where necessary, whilst awaiting the arrival of the parent/carer.
- Our staff will report any worries about a child's health or wellbeing to the parent/carer immediately. Parents/carers are responsible for keeping the nursery informed about their child's health.
- We recommend that children do not attend the pre-school whilst suffering from a communicable disease and should be excluded for the periods recommended. Please see our guidelines to illness/communicable diseases.
- Parents/carers will be contacted should their child have a high temperature of **38c/101F** or higher and will be requested to collect their child as soon as possible.
- Children's paracetamol (Calpol) may be administered only with parental consent to children with high temperatures and at risk of febrile convulsions. Parental consent will have been given on the healthcare form. This will be given in 2.5ml or 5ml dosage. Parents will be contacted before Calpol is administered to confirm the last known dosage time given before they have arrived at the nursery. We will not administer Calpol over 3 consecutive days unless medical attention has been sought. This is following guidelines given on the packet. In the case of teething in young babies, Calpol will not be routinely given to children, instead other methods will be administered to alleviate pain e.g. ice-cold cloth, teething ring.
- We can only administer medicine that has either been prescribed or advised from a Doctor/Nurse or Pharmacist.
- We are unable to administer any medicine which has been decanted into another container.
- Any medicine brought in needs to be in the original box with leaflet enclosed and with the child's name on label where appropriate.
- Any medicine brought in will be documented and stored in the appropriate place, forms need to be filled in on arrival and departure; please do not leave any medicine in children's bags.
- Coughs and colds do not necessarily require the child to be excluded from the nursery, but this will depend on the severity and how the child is able to cope with the pre-school routine.
- If a child has ongoing discharge from their ears, nose or eyes the parent/carer will be advised to seek medical advice before their child can return to the nursery and in some cases a doctor's note may be required before returning to ensure the child wellbeing is met.
- In the case of children having diarrhoea and or vomiting, with or without a specified diagnosis, they should remain absent from nursery for at least **48hrs** from the last time they were sick or had a runny stool. If a child has sickness or diarrhoea whilst at the nursery we will request that

they are collected as soon as possible. They will then not be able to return to the nursery for **48hrs.**

- To prevent the spread of conjunctivitis, if we believe a child may have symptoms relating to the virus, we will inform parents/carers promptly and advise that the child is collected as soon as possible. We will advise that the child is seen by a 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 after 24hrs, giving time for the treatment to work. This will be at the discretion of the **Manager** and in discussion with the parent/carer to ensure the spread of the infection is reduced to a minimum. If you decide not to use medication, we will request the child remains clear of the nursery until they are symptom free and the eyes are completely clear.
- Parents will be contacted if their child develops an unexplained rash and be requested to seek medical advice which they should follow before the child returns to nursery.
- 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 or Manager to let them know how to best contact you during the day and how they can support your child whilst they are at the nursery.
- Should the **Manager** consider the illness, or situation needs immediate medical attention, the emergency services will be contacted to take the child directly to hospital and the parent/carer will be contacted accordingly. **(Consent for this should have been given in the child's enrolment form)**
- In the unlikely event of the parent /carer not being available the most senior member of staff (**Manager**) will assume charge and, if necessary, escort the child to hospital along with the relevant details.
- The nursery is committed to provide the highest standards of care for our children to ensure their health and wellbeing is maintained at all times.
- We operate an 'open door' policy towards parents/carers in the pre-school, so please feel free discuss any concerns about your child with their **key person** or **manager**.
- **If any siblings are unwell, please do not bring them into the setting. Staff can bring your children out to meet you outside the main doors, at your convenience, just call the nursery in advance and we can arrange for this to happen.**

Disease/Illness Minimal Exclusion Period

- **Antibiotics** – If antibiotics have been prescribed; we politely ask that the child remains clear of the nursery for 24 hours. This is to ensure the need of the child taking medication are met and to reduce the risk of secondary infection whilst the child is on medication, and the immune system is reduced. This also ensures we reduce the risk of spreading infections.
- **Coughs, Colds and Sore Throats** - Any child complaining of a sore throat, or having uncontrollable fits of coughing, or a severe runny nose should not attend nursery until

they are feeling better and showing signs of symptoms decreasing. This is to give them a chance to rest and recover from their illness.

Your child should not attend nursery if they are suffering from any of the following. These are the recommended exclusion periods advised by the Health Protection Agency

Chickenpox	5 days from the onset of rash and until blisters are all crusted. The child may return to nursery, as long as they are well in themselves. This is also dependant on the location of the spots and the age of the child.
Conjunctivitis	None, although highly contagious and uncomfortable, itchy eyes. We politely request that a child may not return to nursery until 24 hours after starting treatment and as long as the child is well in themselves. If the child is not being treated with medicine, we ask the child remains clear of the pre-school until all symptoms have gone.
Diarrhoea and/or vomiting	For minimum of 48 hours after last episode or until child is completely well
German Measles (rubella)*	6 days from onset of rash particularly as Rubella can be harmful to expectant mothers.
Hand, Foot and Mouth	First day until child well. Keep your child at home while they feel unwell and symptoms have eased; we request that ulcers on hands and around mouth are dry before returning as infection can be spread quickly through these rooms due to their age and vulnerability.
Head Lice	Easily transmitted from head-to-head. Please use a course of treatment recommended by the Chemist and inform the nursery, so we can inform other parents. (confidentiality is kept to at all times)
Hepatitis	The nursery is unable to accept an infectious child until declared fit by a doctor.
Impetigo	Highly contagious. Until lesions are crusted and healed or minimum of 48 hours after commencing antibiotic treatment
Measles*	4 days from onset of rash

Meningitis	The nursery is unable to accept an infectious child until declared fit by a doctor
Molluscum contagiosum	None, self-limiting condition
Mumps*	A child must not return to nursery until swelling has gone, and temperature is back to normal. Please allow 5 days away from nursery.
Ringworm	When treatment has commenced
Scabies	After first treatment has commenced
Scarlet Fever*	Minimum 24 hours after antibiotic treatment has commenced
Slapped cheek/ fifth disease/ parvovirus	None, although highly contagious and associated high temperature, harmful to expectant mothers
Shingles	Exclude if rash is weeping and cannot be covered
Threadworms	No need for exclusion but prompt treatment necessary for the whole family. The nursery should be informed.
Tuberculosis	A child may not come back to nursery until fully recovered. Please liaise with the local Health Authority.
Typhoid	Fever until declared free from infection by the appropriate public health official.
Whooping Cough	5 days from commencing antibiotic treatment or 21 days from onset of illness if no antibiotic treatment

***Indicates notifiable disease**

***Please note this list is not exhaustive and further information can be found on NHS Direct or the Health Protection Agency.**

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 users and staff.

These times/days are all guidelines and may take longer in each individual case, also even though days may have passed it is dependent on how your child feels and can cope with the nursery environment.

Reporting of notifiable diseases

- If a child or adult is diagnosed suffering from a notifiable disease under the public health (infectious diseases) regulations, the GP will report this to the Health Protection agency.
- When the setting becomes aware, or is informed of the notifiable disease, the Pre-school Manager will inform the nursery Director, Molly Blackburn who will inform OFSTED and acts on advice given by the Health Protection Agency.

Updated: Sep 22, Jan 23, Sept 24, August 25

Head injuries

If a child receives a significant bump to their head, it is our policy to Contact the parent/carer immediately, for the child to be taken home or to Casualty if thought necessary. This is so the child can be monitored closely for any side effects or concussion. All injuries are logged in our accident book and signed by parents.

When we advise medical attention to be seen this can include Doctors but also Pharmacists can be seen where appropriate for most common childhood illnesses for advice.

We understand the needs of working parents and will not exclude children from the nursery unnecessarily. It is however at the discretion of the staff when requesting the exclusion of a child for illness or infection and that decision is final. Decisions will be made and will consider the needs of the child and those within the group. We do this using NHS guideline but we also take into consideration the age of the child as this can change the level of action we need to take in order to support the needs of other children in our care.