

Children's Sickness Policy

Our Aims:

To provide a safe and healthy environment for all children, staff and visitors.

Policy

We cannot accept any child who is unwell or who has had a serious infectious illness and, any child who becomes ill at nursery must be treated promptly. It is vital that we follow the advice given to us by our registering authority and specific NHS guidelines relating to children under 5.

Procedures

Control of Illness

There may be occasions when a child is not so ill as to require medical care but nevertheless childcare would be unsuitable. If a child arrives at Nursery and their Room Leader or Nursery Manager does not consider them well enough to attend, the parents or carers will be advised accordingly.

We will make every effort to stop the spread of infection within the Nursery but can only do this with the co-operation of parents or carers. We follow set advice from the NHS on common childhood ailments and their exclusion periods:

- **Coughs, Colds and Sore Throats** - We appreciate that children often pick up cold viruses without being ill and accept they do not need to stay away from the Nursery. However, if they have a raised temperature, continued cough, or are unable to eat, then they should be cared for at home.
- **Chickenpox** - At least 5 days from onset of rash and not until all blisters have crusted over.
- **Sickness or Diarrhoea** - Any child with sickness and/or diarrhoea must be kept away from the Nursery for at least 48 hours after the last episode. This procedure applies equally to all staff, in the interests of a healthy environment for all.
- **Temperatures** - Any child with a raised temperature, even if not accompanied by any other symptoms, should be kept away until their temperature returns to normal. A normal temperature for children **under 5** is around **36.4C** and whilst this can vary slightly, a fever is usually considered to be a temperature of **38C** or above and at this point the child will need to be sent home. The child will not be able to return to nursery until their temperature has reached a normal rate for 24 hours.
- **Immunisations** – We request that children be kept at home for 24 hours following vaccines as some children can generally become unwell or unsettled with spikes in temperature.

Exclusion periods for all other ailments can be found on the NHS and GOV websites.

Further information on infectious diseases can be found on the Public Health England section of the www.gov.uk website.

Staff Procedures

- If a child becomes ill during the nursery day, the parent or carer will be contacted and asked to pick their child up as soon as possible. During this time the child will be cared for in a quiet, calm area with their key person or another familiar member of staff within the child's room.
- If a contagious infection is identified in the Nursery, parents will be informed to enable them to spot the early signs of this illness. All equipment and resources that may have come into contact with a contagious child will be cleaned and sterilised thoroughly to reduce the spread of infection.
- **Head injuries** – Parents must inform the nursery of any head injuries occurring in the 48 hours prior to their nursery session. All head injuries at nursery must be recorded accurately, on an accident form at all times, and this must be acknowledged by parents the same day. Children must then be monitored for changes in behaviour, being sick or passing out.
- **48 Hour Rule** - If a child has been unwell with a contagious condition (at home or at nursery), we will ask for exact details and remind them that our policy is to keep them away from Nursery for 48 hours after the final symptom has been clear.
- **24 Hour Rule** - In the case of a condition which is being treated with prescribed antibiotics, the child must be kept away from Nursery until 24 hours after starting the medication.
- **Fever** - Staff will check if a child feels hot to touch on their back, forehead or stomach, has flushed cheeks and feels sweaty or clammy. As soon as a child shows signs of feeling unwell, the child's Key person or Room Leader will take their temperature with a thermometer usually a non-contact thermometer to forehead and continue to monitor them every 5 minutes for 15 minutes.
 - If a child's temperature reaches **38C**, parents will be notified.
 - Nursery staff will try and bring the temperature down slowly by removing layers of clothing, offering water and where appropriate, turning the room temperature down.
 - Following a high temperature, parents must be called, the child's temperature should be taken at 5 minute intervals for 15 minutes and this should be recorded on Famly.
 - The child will not be able to return to nursery until their temperature has reached a normal rate for 24 hours.
- **If the child's temperature remains at or above 38C after 15 minutes, parents will be contacted immediately to collect their child.**
 - Any decision to contact a child's parent or carer, must be made by a Room Leader or the Nursery Manager, using the contact details held within Famly. Should no contact be made a voicemail must be left and the next listed Emergency contact will be attempted.
 - Where a parent cannot arrive to collect their child in good time and the child's condition deteriorates, the Nursery Manager should consider treating the situation under our [Serious Accident & Emergency Policy](#).
 - **Calpol** may be given when a child has a high temperature or for mild pain relief, to help relieve symptoms while they wait for their carer to arrive.

Ongoing Medical Needs

For chronic illnesses or children with additional medical needs, we will administer as necessary, any medication we have prior consent for. A Prescribed Medication Form must be completed, in accordance with our [Medication Policy](#).

Serious Illness

If a child should suddenly become seriously ill during their session, we will immediately seek professional medical attention.

The Nursery will follow our [Serious Accident & Emergency Policy](#).

RIDDOR

RIDDOR means the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations and there are certain things that have to be reported to RIDDOR by staff.

Reportable diseases include certain poisonings, some skin diseases, lung diseases and infections such as hepatitis, tuberculosis, anthrax, legionellosis and tetanus. If we are unsure, we will ask a Health Professional for advice or refer to the RIDDOR web-site at www.hse.gov.uk/RIDDOR/. We will keep a record of the incident on Famly and mark as reported to RIDDOR, which will include the date, time and place of event, the personal details of those involved and a brief description of the nature of the event or disease.

- To report to RIDDOR online visit: **www.hse.gov.uk/RIDDOR/report.htm**
- To report fatal, specified and major incidents only Tel: **0345 300 9923**

As well as reporting the outbreak to RIDDOR, we must also notify OFSTED

OFSTED

Tel: **0300 123 1231**

You may also need to contact your local Public Health England office:

Avon, Gloucestershire and Wiltshire HPT (Health Protection Team)

Public Health England South West

2 Rivergate

Temple Quay

Bristol BS1 6EH

Tel: **0300 303 8162** (option 1, then option 1)

Email: swhpt@ukhsa.gov.uk