

Nursery & Pre-School

Sickness and Illness Policy

Policy Statement

The health of the children and staff is of paramount importance to Bushey Gan, and we endeavour to provide a healthy environment at our nursery. In order for us to maintain a clean and healthy environment, we ask that you refrain from sending your child into nursery if they are sick or displaying signs of illness.

Aims

- To ensure that sick children are identified.
- To ensure that sick children are cared for appropriately.
- To protect children and adults from preventable infection.
- To enable staff and parents/carers to be clear about the requirements and procedures when a child is unwell.

Methods

- Our policy for the exclusion of ill or infectious children is shared with all parents, and is available on the nursery website. It is expected that parents will adhere to specific procedures and practices detailed within this document.
- We ask parents/carers to keep us informed about a child's health, and would appreciate a phone call or email to let us know when your child is unwell and unable to attend nursery. This allows us to communicate this to all staff and parents, as well as Health Protection and Ofsted if it is a disease that requires notification. This is particularly important in case a child has come into contact with a pregnant staff member or parent.
- We will ensure that a sick child is treated swiftly, and with the minimum amount of stress for the child and parents.
- We will endeavour at all times to communicate effectively with parents/carers, using the contact details given when your child started nursery.
- No child may attend nursery whilst suffering from one of the communicable diseases, and they should be excluded for the periods recommended (***please see the guidelines below***).
- If a child appears to be unwell as they are brought into nursery, they maybe refused admission.
- If your child has not been themselves at home but is not showing signs of illness when brought to nursery, please mention it to the staff, and let them know how best to contact you throughout the day.
- Parents **MUST** inform staff if they have administered Calpol or other pain relief to their child prior to nursery. This information is vital if emergency services have to be called, and it is recorded at Gan.

- Parents **MUST** inform staff if they have given Piriton or other anti-histamine to their child for hay fever or an allergy. This information is vital if emergency services have to be called, and it is recorded at Gan.
- If a child becomes ill at nursery, we will contact parents or other authorised adults to come and collect the child immediately. This will be done in a kind and caring manner.
- The nursery manager/deputy manager will always be informed of any sick children.
- We understand the needs of working parents, and aim not to unnecessarily exclude any child from nursery. However, the decision of the nursery manager is final when requesting the exclusion of a child for illness or infection.
- Whilst waiting for a sick child to be collected, staff will ensure the comfort of the child, taking appropriate action, which would include seeking medical advice if necessary. If the child is in danger, the staff will seek medical advice immediately.
- We do not provide day care for any children who are unwell, have a temperature, or sickness and diarrhoea, or who have an infectious disease.
- If your child develops a temperature whilst at nursery, parents will be contacted and asked to collect the child immediately.
- Children's nappies will be individually monitored, and if there is obvious diarrhoea the child will be sent home.
- Good hygiene practice concerning the cleaning of any spilled bodily fluids is carried out at all times.
- Children who are unwell should not attend the nursery.
- If it is suspected that a child has an infectious or contagious disease, parents/carers will be requested to consult a doctor before returning the child to nursery.
- We have a 48-hour rule for sickness and diarrhoea, which means that children and staff cannot return to the nursery until 48 hours after their last bout of sickness and/or diarrhoea.
- If your child has had a temperature during the evening/night, they should not be brought in the next day.
- Coughs and colds do not normally require the child to be excluded from nursery, but this depends on the severity of the illness and how the child is able to cope with the nursery day.
- Children who are on antibiotics cannot attend Gan for the first 48 hours of starting them. Children on long term medication will be assessed on an individual basis, ***please refer to our managing medicines policy.***
- Children with head-lice are not excluded, but must be treated to remedy the condition.
- If there is an outbreak of an illness in nursery then the nursery manager will consult with the local Health Protection Unit for advice. We may decide to exclude children in order to control an outbreak, even where this is not listed below in the exclusion chart.
- Parents **must** inform the nursery if any child attending the nursery is admitted to hospital, and the hospital discharge instructions must be followed prior to the child returning to nursery.
- A child should not return to nursery for **a full 48** hours after a hospital admission and only if they are well enough.
- A child should not return to nursery for **a full 48** hours after an anaesthetic or antibiotics have been given.

- Following any immunisation, children's health must be assessed before sending them into nursery. Children should be observed for any signs of an allergic reaction or high temperature, as these can develop after the injection. Parents must inform us of all immunisations. If you choose to send your child in and they become unwell we will call for you to collect your child. Please also inform us if you have administered any pain relief medication.
- All parents are notified if there is a case of any infectious disease at nursery.
- Ofsted is always notified of any outbreak of infectious/communicable disease.

Hand washing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting, and respiratory disease.

The recommended method is the use of liquid soap, warm water and paper towels. Always wash hands after using the toilet, before eating or handling food, and after handling animals. Cover all cuts and abrasions with waterproof dressings.

Coughing and sneezing easily spread infections.

Teaching children to regular wash hand is very important

Children and adults should be encouraged to cover their mouth and nose with a tissue. Wash hands after using or disposing of tissues. Spitting should be discouraged.

The chart below sets out the exclusion periods from nursery for children who are ill, including if they are infectious. Bushey Gan takes into consideration guidance from the Health Protection Agency with regards to exclusion periods for illnesses and infection control, as well as the needs of the children and staff.

Illness/Infection	Exclusion Period for Children
Chicken Pox/Shingles	5 days from onset of rash as long as spots are completely crusted over
Cold Sores (Herpes simplex)	No exclusion necessary
Conjunctivitis	If a case is suspected parents will be asked to take their child to be seen by a doctor/Pharmacist. Return 24 hours after drops have been administered providing there is no discharge.
Diarrhoea and/or Vomiting including Rotavirus/Norovirus/Gastroenteritis	48 hours from the last episode
Flu (Influenza)	Until recovered fully enough to participate in nursery activities
German Measles (Rubella)*	6 days from onset of rash
Glandular Fever	None, however must be well enough to participate in nursery activities
Hand, Foot and Mouth Disease	Exclusion for one week after symptoms begin. Return only if child is well. (If there is an outbreak we will consider exclusion after consultation with the HPA)
Head lice	None, but treatment must be used immediately to remedy the condition
Impetigo	Exclusion until lesions are crusted or healed.
Measles*	5 days from onset of rash
Meningitis*	Until recovered (We will follow the instructions of the local Health Protection Unit)
Mumps*	5 days after onset of swollen glands
Ringworm	Until treatment has commenced
Scabies	Until treatment has commenced
Scarlet Fever/Scarletina*	5 days after commencing antibiotics
Slapped cheek/Fifth Disease/Parovirus	Return once rash has developed. Must be well enough to participate in nursery activities
Threadworm	Until treatment has commenced
E. Coli	Should be excluded for 48 hours from the last episode of diarrhoea. Further exclusion may be required for some children until they are no longer excreting
Molluscum Cotagiosum	None
Whooping Cough *	Five days from starting antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment
Hepatitis A *	Exclude until seven days after onset of jaundice (or seven days after symptom onset if no jaundice)

*** Denotes diseases which must be reported to the Health Protection Agency (HPA), and OFSTED**

Please note this list is not exhaustive but contains the most common exclusions.

Parents should always seek advice from their GP or Accident and Emergency Department regarding the specific symptoms of their child.

NHS Direct 0845 4647 www.nhsdirect.nhs.uk