



Little Learners
NURSERY GROUP

Child Sickness Policy

Reviewed: July 2022

To be reviewed: July 2023

Here at Little Learners, we feel that children need to be fit and well in order to get the most from the setting. This policy has been prepared to ensure that the emotional and physical well-being of the children come first. Please inform us of illness.

- Children should not attend nursery if they are clearly unwell or distressed through illness. If a child attends nursery and becomes unable to cope with the nursery day parents/carers will be contacted to collect their child.
- Parents/carers need to make suitable arrangements for emergency care to be available and leave adequate contact numbers should their child become unwell and the nursery need to contact parent/carers.
- Children who have been prescribed antibiotics to treat an infection or illness should remain at home for at least 24 hours to ensure there are no adverse side effects. Prior written permission for the administration of each and every medication must be completed by the parent/carer.
- If a child is going onto a new brand or type of anti-biotics during the same illness about they must stay off again for at least 24 hours. This is because the child may have an allergic reaction to the medication. If it the exact same anti-biotic, in the same time period, then there is no need to stay off for 24hours as it is a continuation.
- Allergic reactions to antibiotics are something you can develop over time. For this reason, even if you child has had the anti-biotics previously (for example, earlier in the year) they must again stay off for at least 24 hours.
- Nursery staff are only able to administer medication if it is in the original container, clearly labelled with the child's name and is within its expiry date. Nursery staff will only give the dose recommended on the prescription. It is important to remember that the nursery is not legally bound to administer any medicine.
- If your child has an infectious disease or another illness advice should be sought from either your GP or Health Visitor. Appropriate exclusions will apply. The nursery uses 'Guidance on infection control in schools and other childcare settings' and NHS Direct online advice.

- Children who have suffered a bout of sickness and diarrhoea must not attend nursery for 48 hours after their last episode. If a child suffers sickness and/or diarrhoea whilst at nursery parents/carers may be contacted to collect their child. Typically we will contact you if your child has 3 episodes of diarrhoea during a nursery session or one episode of diarrhoea combined with vomiting. However, the nursery reserves the right to make a judgement on each individual case as to whether the child must be sent home. This will be based upon the severity of the diarrhoea and/or vomiting and the physical and emotional wellbeing of the child.
- In children under five, a fever is considered to be a temperature higher than 37.5C (99.5F). If a child gets a high temperature (fever) during their nursery day, various measures will be used to try and reduce their temperature e.g. giving lots of fluids, removing clothing and fanning. As a last resort parents will be contacted to either confirm they give permission to administer liquid paracetamol (for teething only) or collect their child if they are unwell. If parents request we can give liquid paracetamol if they are at work and it will take them a little while to collect. They will be asked if the child has been given any other medication that day and the time it was administered at home. Once liquid paracetamol has been administered the child will be closely monitored for the next 30 minutes with their temperature taken at 10 minute intervals. If their temperature returns to normal and the senior nursery staff feel the child is well enough to stay at nursery, they will be able to continue their session. If the child continues to have a high temperature and/or present as being unwell the parents/carers must collect their child. The nursery reserves the right to make a judgement on each individual case as to whether the child must be sent home. This will be based upon the severity of the fever and the physical and emotional wellbeing of the child. The Nursery will not administer more than one emergency dose of liquid paracetamol in one daily session. Nurofen will not be given unless prescribed by a doctor.
- **If parents are administering Calpol to their child in the morning, they should not bring their child into nursery as they are unwell.** The exception to this is teething or if the manager has agreed under special circumstances. **It is of vital importance the nursery is informed so that an overdose does not occur.**
- Children aged 2-4 who have had a temperature and been given Calpol must remain away from nursery for 24 hours from the last dose of Calpol.

- Children under 2 who have had a temperature and been given Calpol must remain away from nursery for 24 hours from the last dose of Calpol unless they are teething.
- **If a child's temperature reaches 40C+ and cannot be quickly reduced through the administration of emergency liquid paracetamol and/or cooling techniques an ambulance may be called. The nursery manager or Principal will observe the child and make the final decision. A senior member of staff will travel with the child and parents will be contacted. Parents MUST make a Senior Manager aware if they have administered liquid paracetamol (Calpol) at home.**

In the event of a suspected outbreak of infection:

If a contagious infection is identified in the nursery, all parents will be informed to enable them to spot the early signs of this illness in their own child. All equipment and resources that may have come into contact with a contagious child will be cleaned and sterilized thoroughly to reduce the spread of infection.

Classification of an outbreak

An outbreak or incident may be defined as: an incident in which 2 or more people experiencing a similar illness are linked in time or place and a greater than expected rate of infection compared with the usual background rate for the place and time where the outbreak has occurred

For example:

- 2 or more cases of diarrhoea or vomiting which are in the same room
- higher than usual number of people diagnosed with scarlet fever
- 2 or more cases of measles at the school or other childcare setting

When to report:

Nursery Principal or managers will contact the Local Health Protection team as soon as an outbreak is suspected to discuss the situation and agree if any actions are needed. It is useful to have the information listed below available before this discussion as it will help to inform the size and nature of the outbreak:

- total numbers affected (staff and children)
- symptoms

- date(s) when symptoms started
- number of rooms affected

If we suspect any cases of infectious illness in nursery but are unsure if it is an outbreak, we will contact the call local HPT.

How to report

The nursery principal or manager will telephone the local HPT as soon as possible to report any serious or unusual illness particularly for:

- Escherichia coli (VTEC) (also called E.coli 0157) or E coli VTEC infection
- food poisoning
- hepatitis
- measles, mumps, rubella (rubella is also called German measles)
- meningitis
- tuberculosis
- typhoid
- whooping cough (also called pertussis)

For an updated list please refer to:

<https://www.gov.uk/guidance/notifiable-diseases-and-causative-organisms-how-to-report#list-of-notifiable-diseases>

The local HPT and PHE also provide factsheets for parents and carers to ensure the most up to date information is given.

Confidentiality

Information given to settings from the team for distribution during an outbreak will never give out any personal details.

Appendix A:

PHE centre contact details

- PHE North East and North Central London Health Protection Team,
Ground Floor South Wing, Fleetbank House 2-6 Salisbury Square,
London,
EC4Y 8AE
TEL: 020 3837 7084 (option 1)
- London integrated region and PHE Centre

151 Buckingham Palace Road London SW1W 9SZ
Tel: 020 7811 7000/7001

<https://www.gov.uk/health-protection-team>

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>