

Sickness and Illness Policy

At Radnor Park Kindergarten we promote the good health of all children attending including oral health by:

- Asking parents to keep children at home if they are unwell. If a child is unwell, it is in their best interest to be in a home environment rather than at nursery with their peers
- Asking staff and other visitors not to attend the setting if they are unwell
- Helping children to keep healthy by providing balanced and nutritious snacks, meals and drinks
- Minimising infection through our rigorous cleaning and hand washing processes (see Infection control policy)
- Ensuring children have regular access to the outdoors and having good ventilation inside
- Sharing information with parents about the importance of the vaccination programme for young children to help protect them and the wider society from communicable diseases
- Sharing information from the Department of Health that all children aged 6 months – 5 years should take a daily vitamin
- Having areas for rest and sleep, where required and sharing information about the importance of sleep and how many hours young children should be having.

Our procedures

In order to take appropriate action of children who become ill and to minimise the spread of infection we implement the following procedures:

- If a child becomes ill during the nursery day, we contact their parent(s) and ask them to pick up their child as soon as possible. During this time, we care for the child in a quiet, calm area with their key person (wearing PPE), wherever possible
- Parents/carers are expected to collect their child within one hour of being notified of illness or distress. In urgent cases, collection should be arranged as soon as possible, ideally within 30 minutes. If no contact is made or the child is not collected within this time frame, The designated Safeguarding lead will assess the situation and may seek advice from the children's services.
- We understand that emergency and delays happen. If a child becomes unwell and cannot be collected promptly, we will make every effort to contact parents and emergency contacts. If we are unable to reach anyone and the child's welfare is compromised, we may need to seek advice from Children's services.
- If a parent/carer refuses or declines to collect their child, this will be treated as a safe guarding concern.
- We follow the guidance published by UK Health Security Agency for managing specific infectious diseases⁸ and advice from our local health protection unit on exclusion times for specific illnesses, e.g. sickness and diarrhoea, measles and chicken pox, to protect other children in the nursery

⁸ <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/managing-specific-infectious-diseases-a-to-z>

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- Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to nursery until they have been clear for at least 48 hours
- We inform all parents if there is a contagious infection identified in the nursery, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment and resources that may have come into contact with a contagious child to reduce the spread of infection
- We notify Ofsted as soon as is reasonably practical, but in any event within 14 days of the incident of any food poisoning affecting two or more children cared for on the premises
- We ask parents to keep **children on antibiotics at home for the first 24 hours** of the course (unless this is part of an ongoing care plan to treat individual medical conditions, e.g. asthma and the child is not unwell). This is because it is important that children are not subjected to the rigours of the nursery day, which requires socialising with other children and being part of a group setting, when they have first become ill and require a course of antibiotics.
- We have the right to refuse admission to a child who is unwell. This decision will be taken by the manager on duty and is non-negotiable
- We make information and posters about head lice readily available and all parents are requested to regularly check their children's hair. If a parent finds that their child has head lice, we would be grateful if they could inform the nursery so that other parents can be alerted to check their child's hair.

Disease/Illness Exclusion Period

Please use the following guidelines before bringing your child back to nursery:

- Antibiotics: - Child cannot attend the setting **until 24 hrs from first dose.**
- High temperature: - Child Should not attend if they have a high temperature and feel unwell. The normal temperature for a child is 37.5c. If a child's temperature reaches 39c or above parents will be contacted for medical advice or collection. If sent home ill, child must be off at least for 24 hours.
- Coughs, colds, sore throats and flu:- 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. The child should have a normal temperature and feel fit and healthy. However, **any child complaining of a sore throat, or having uncontrollable fits of coughing, or a severe runny nose**, cannot be accepted into nursery.
- Diarrhoea and vomiting:- Children can return **48 hours after diarrhoea and vomiting has stopped.**
- Conjunctivitis:- Suspected cases will be reported immediately to parents/carers 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. The child must receive **first treatment of prescribed eye drops at home.** The child may return to the setting **once the eyes are no longer weeping or discharging** and they are comfortable enough to participate daily activities. If the child becomes distressed we will not administer

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- Chicken pox:- **All spots must have completely scabbed over and dried up** (usually five days from the onset of the rash) A letter will be displayed on each entrance to inform parents of any cases of chicken pox within the nursery. Pregnant staff should consult with their GP or midwife.
- Hand, foot and mouth:- All sores must have been **treated by a doctor, and sores should not be weeping.** (usually a five-day incubation period).
- Measles:- **Rash should have gone** and child acting healthy. From the onset of the rash we recommend at least 7 days away from nursery.
- Unknown rashes: Medical advice should be sought with a doctor's note informing us that the condition isn't contagious.
- German Measles (Rubella): - From the onset of the rash we **advise a MINIMUM of 4 days away from nursery**, particularly as Rubella can be harmful to expectant mothers.
- Hand, Foot and Mouth: - Child should not return until treatment has been given and the **spots/blisters have cleared - usually after 5 days.**
- Impetigo: - (and other infectious skin disorders e.g. cold sores) - Highly infectious – a child with impetigo will need to **stay at home until the sores have dried and healed**, or for at least 48 hours after starting antibiotics. When they return, please ensure any remaining sores are covered with a waterproof dressing to help keep everyone safe.
- Hepatitis: - The nursery is unable to accept an infectious child until declared fit by a doctor. Impetigo
- Meningitis - The nursery is unable to accept an infectious child until declared fit by a doctor.
- Mumps: - A child must not return to nursery until swelling has gone and temperature is back to normal. Parents/carers should allow for 7 days away from nursery.
- Scabies: - Red, itchy rash in between the fingers. Requires immediate treatment and the child can return after the treatment has been applied.
- Scarlet Fever:- A child cannot be accepted until fully recovered and a course of treatment completed. (The bacteria can cause throat and ear infections; pinpoint rash and the skin becomes dry and flaky).
- Slapped Cheek Disease :- Because this is harmful to expectant mothers, a child cannot return to nursery until fully recovered.
- Strep A:- Symptoms to lookout for when Strep A in children becomes invasive group A streptococcal infection (GAS) are, high temperature for days, sore throat, severe muscle pains and joint aches, a rash prominently developing on the tummy which is like sandpaper. Children should stay at home until they start the course of antibiotics and can return after 24 hours.
- Tonsillitis - Tonsils swell, become red and inflamed and may show white spots. A child cannot be accepted until fully recovered and a course of treatment completed.
- Tuberculosis - A child may not come back to nursery until fully recovered. Parents/carers should liaise with the local Health Authority.
- Typhoid Fever - until declared free from infection by the appropriate public health official.
- Whooping Cough - A child **may not return to nursery until fully recovered** and a course of treatment completed – usually 14 days from onset.
- Diphtheria:- Exclusion is essential

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- Hepatitis A -Exclude until 7 days after onset of jaundice (or 7 days after symptoms onset if no jaundice).
- **No exclusion**
- Threadworms :- No need for exclusion but prompt treatment necessary for the whole family. Parents/carers should inform the nursery.
- Cold sores:- (Herpes simplex) Avoid contact with the sores
- Glandular fever:- No formal exclusion period is required unless the child is unwell. Children can return to nursery **once they feel well enough**, as long as they can participate in activities and don't pose a hygiene risk.

Meningitis procedure

If a parent informs the nursery that their child has meningitis, the nursery manager will contact the Local Area Infection Control (IC) Nurse. The IC Nurse will give guidance and support in each individual case. If parents do not inform the nursery, we may be contacted directly by the IC Nurse and the appropriate support given. We will follow all guidance given and notify any of the appropriate authorities including Ofsted where necessary.

We will follow the transporting children to hospital procedure in any cases where children may need hospital treatment.

The nursery manager or selected staff member must:

- Inform a member of the management team immediately
- Call 999 for an ambulance immediately if the illness is severe.
- Follow the instructions from the 999 call handler
- Whilst waiting for the ambulance, a member of staff must contact the parent(s) and arrange to meet them at the hospital
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Arrange for the most appropriate member of staff to accompany the child taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

This policy will be reviewed at least annually in consultation with staff and parents and/or after a significant incident, e.g. serious illness and/or hospital visit required.

Parent Acknowledgement

I have read and understand the nursery's Sickness and Illness policy. I agree to follow the procedure outlined, including the prompt collection of my child when unwell, and

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understand that failure to do so may result in further action in line with the nursery's safeguarding responsibilities.

Parent/carer name:

Childs name:

Signature:

Date:

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