



Sickness Policy

It is our policy that children should not attend the setting if they are ill, the exceptions to this are asthma or other long term non infectious conditions, when an 'administration of medicines' form should be completed by the parent/carer

We have enclosed a list of the most common communicable diseases that young children experience, this is not an exhaustive list so feel free to enquire as to our policy on anything not listed, this is put together in consultation with the Health Commission and is a guide only if you are concerned about your child you should consult your GP/NHS direct.

When your child starts at the setting we will ask you to complete a medical questionnaire, when your child has further vaccinations we ask you to advise us so we can keep our records up to date.

If your child contracts any infectious illness we ask you to inform us, then we can place a notice on the door to inform all parents/carers

We may decline admission to any child who is perceived to have an infectious illness, this does not apply to chronic conditions such as HIV and Hepatitis, we do not discriminate against anyone and treat everyone with complete confidentiality.

Cuts or open sores whether on an adult or child will be covered with a plaster or other suitable dressing.

In the case of accident or illness, this would be dealt with in the appropriate manner and if necessary emergency services called and parents contacted

The first aid box is situated in a prominent position and all staff and volunteers are advised of its location.

Accidents are always documented and the parents informed upon collection.

Food poisoning affecting two or more children looked after on the premises will be reported to the CCDC and local authorities will be contacted for advice.

All reported allergies are prominently displayed in the staff area and staff/volunteers are made aware of its location.

Diarrhoea and/or Vomiting

As diarrhoea and vomiting is infectious please do not bring your child back to the setting until he/she has been clear of these symptoms for 48 hours.

This is a national policy from OFSTED regarding the care of children under the age of five years.

Measles

Signs and Symptoms

Early symptoms of measles may include a running nose, watery eyes, high temperature and a cough. Red spots with a white centre may also be seen on the inside of the mouth, behind the ears and on the face and limbs.

General Medical Advice

As measles is infectious until five days after the appearance of the rash, please exclude your child from the setting until the rash has disappeared.

Chickenpox

Signs and Symptoms

Children who suffer with Chicken Pox can display a wide range of symptoms, but usually they will appear fretful, suffer with a loss of appetite and have a high temperature. A rash will appear on the trunk, face or limbs, and then small blisters will form which may cause an irritation.

General Medical Advice

Please provide your child with lots of fluids to help them reduce their temperature. You may find calamine lotion soothes the irritation.

Parents Action

Chickenpox is infectious for up to five days before and not more than five days after the appearance of the last spots. To reduce the risk to others your child must be excluded from the setting for up to five days after the appearance of the spots, or until the spots are dry.

Mumps

Signs and Symptoms

Early symptoms of mumps can include swollen glands on one or both sides of the face, sore throat and a loss of appetite. Your child may also experience difficulty in swallowing.

General Medical Advice

Mumps can be infectious for up to one week after the facial swelling appears.

Parents Action

Please exclude your child from the setting for five days from the onset of swelling.

Rubella 'German Measles'

Signs and Symptoms

Symptoms of German measles can include any of the following:

Slight fever sometimes accompanied by a runny nose.

Swollen glands behind the ears and around the neck.

Loss of appetite, Sore throat.

Rash that starts on the face and then spreads to the body. This rash usually lasts for about 3 days.

General Medical Advice

It has an incubation period of up to 21 days. German measles is most contagious before the rash appears and then for about 5 days afterwards.

Parents Action

Please exclude your child from the setting for 5 days after the appearance of the rash.

Conjunctivitis

Signs and Symptoms

Conjunctivitis causes the following symptoms in one or both eyes:

soreness, itchiness, redness of the whites of the eye, watering or discharge and/or slight sensitivity to light.

General Medical Advice

Conjunctivitis is often caused by an infection of the eye, which may be caused by a virus or bacteria. If you are concerned about your child's eyes, please take them to be seen by a medical practitioner as this infection may need to have prescribed treatment.

To relieve the irritation you may bathe the eyes in a mild saline solution. Wipe from the centre to the outside of the eye and discard each piece of cotton-wool, it is also advised that you disinfect all toys, towels and face-cloths that your child has come into contact with.

Parents Action

Please exclude your child from the setting until the condition has cleared

Head-lice

Signs and Symptoms

Head-lice are still common amongst school children and can very often be passed through to

pre-schools. They have a lice appearance and form eggs on the hair follicles. They spread very easily and are passed from one head to another during head to head contact. Symptoms may include your child scratching their head and eggs appearing particularly behind the ears.

General Medical Advice

If you are at all concerned that your child might have head-lice, treatment is available from your chemist or pharmacist. It would be appreciated if you let a member of staff know if you are treating your child.

Parents Action

Please treat your child's hair appropriately before they return to the setting. It may be advisable for you to routinely check your family's hair, as the lice like to transfer to a clean head of hair. It is also advisable to treat the whole household.

Thread-worms

Signs and Symptoms

If you note your child scratching his/her bottom, especially at night it may be due to threadworms. They are tiny, white thread-like worms that may be visible in faeces.

General Medical Advice

They are easy to treat and medicine can be bought without prescription from a Pharmacist. It is wise to treat all the members of the household.

Parent Action

No exclusion is necessary once treatment has been started.

'Fifth Disease' Parvovirus B19

Signs and Symptoms

Fifth Disease is usually a mild illness caused by a human virus B19. It particularly affects children and typically causes a mild rash that may resemble a "slapped-cheek". The rash then spreads to the trunk, arms, and legs. As the centres of the blotches begin to clear, the rash takes on a lacy net-like appearance. Other symptoms that can occur include joint pain (arthralgia), fever and general flu-like symptoms.

General Medical Advice

Parvovirus B19 spreads easily from person to person in fluids from the nose, mouth, and throat of someone with the infection, especially through large droplets from coughs and sneezes. The incubation period (the time between infection and the onset of symptoms) for fifth disease ranges from 4 to 28 days, with the average being 16 to 17 days.

Parents Action

If your child is unwell then please exclude them from the setting until they are well. If you're pregnant and develop a rash or if you've been exposed to someone with fifth disease (or to anyone with an unusual rash), consult your doctor for medical advice.

Hand, Foot and Mouth

Signs and Symptoms

Hand, Foot and Mouth is usually a mild illness which often starts with a feeling of being unwell for a day or so. This might include a high temperature (fever). After this a sore throat commonly occurs, quickly followed by small spots that develop inside the mouth. Blisters also often appear on palms, soles of the feet as well as in the mouth. Spots sometimes also appear on the buttocks, legs and genitals.

General Medical Advice

The incubation period is 3-6 days. If suffering from this, children are generally unwell in themselves. Please exclude your child from setting if the blisters are weeping or until they are "clinically well".

Parents Action

It can be infectious if the blisters are weeping or sore. Pregnant women should be made aware so that they can consult their doctor for advice if they are not immune.

Impetigo

Signs and Symptoms

Impetigo is an infection of the skin caused by bacteria. It most commonly occurs in the skin around the nose and mouth, but it can also affect skin in other parts of the body. The spots may be clustered or merge together. The centre of each one rapidly becomes a blister, which then bursts, oozing a typical golden fluid. Crusts form over the red spots, which may be itchy or slightly sore.

General Medical Advice

An infected person scratching the rash, and passing it on their fingers, to another person usually spreads it. Good personal hygiene is very important, particularly through hand washing after touching the rash. The affected person should use separate towels and flannels until the rash has cleared.

Parents Action

If impetigo is suspected, you must take your child to see your doctor as the condition is infectious, and antibiotic treatment is important. In mild cases, antibiotic cream applied locally to the spots may be all that is needed, but in more severe cases antibiotic tablets or syrup must be taken. Because the condition is contagious, children with impetigo must be excluded from

setting until all the spots have crusted and dried.

Scabies

Signs and Symptoms

Scabies is more of a nuisance than a serious medical problem. However, it does require medical treatment. Scabies is caused by a tiny mite (half the size of a pinhead) which burrow into the surface of the skin causing visible raised lines or small red spots or blisters. These occur particularly in the wrists, back of hands and between the fingers.

General Medical Advice

It may take between 2-6 weeks from the first infestation for the itching to start. Scabies can usually be successfully treated using special creams which need to be applied in two applications, one week apart. In order to prevent reinfection, it is important that all members of the household are treated at the same time.

Parents Action

Children who are infested with Scabies should not attend the setting until at least 24 hours has passed after the first application.

Meningococcal Meningitis Septicaemia

Signs and Symptoms

Meningitis and Septicaemia are the inflammation of the lining covering the brain and spinal cord.

Symptoms in babies and small children include:

- Stiff body with jerky movements, or very floppy
- Irritability, or dislike of being handled
- A shrill cry or unusual moaning
- Refusal to feed
- Tense or bulging fontanelle (soft spot on head)
- Pale, blotchy skin
- Rapid breathing
- Fever/vomiting
- Drowsiness/impaired consciousness
- Severe headache, stiff neck and dislike to bright lights.

Not all the symptoms have to be present at the same time.

General Medical Advice

In most cases someone with Meningitis or Septicaemia will become seriously ill rapidly. Trust your instincts – seek medical help immediately if you are concerned. You may also wish to try the glass tumbler test by pressing firmly against your child's skin. If it is a Septicaemia rash, the rash will not fade, and you will be able to see the rash through the glass. If this happens get medical help immediately.

Parent Action

When a case of Meningococcal Meningitis or Septicaemia is diagnosed the Public Health Doctor will make sure that all those who need antibiotics are contacted.

Date of policy approval **Sept 2018**

Date of policy review **Sept 2019**