



Managing children who are sick or infectious

At Westlands Nursery we provide care for healthy children and promote health through preventing cross infection of viruses and bacterial infections. We aim to make children, parents and staff aware of the importance of practising good hygiene to minimise the risk of spreading infection.

Parents are asked to keep their child at home if they are ill or have any infection. Parents should inform the nursery as to the nature of the illness or infection so that other parents can be alerted and make careful observations of any child who seems unwell. We will refuse admittance to a child who has a temperature, sickness or diarrhoea, a contagious infection or disease or if a child has been given any paracetamol/ibuprofen within 12 hours of coming to nursery.

Sickness/Diarrhoea

Diarrhoea is defined as 3 or more liquid or semi-liquid stools in a 24 hour period.

Children with sickness or diarrhoea must be kept at home for 48 hours after the sickness and diarrhoea has stopped. A person will be infectious while symptoms remain.

If a child has sickness or diarrhoea whilst at nursery, parents will be contacted to collect their child/ren immediately or to arrange for an emergency contact to collect their child. Your child must then stay at home until 48 hours after their last bout of sickness/diarrhoea. (*Gov.uk -Health protection in children and young people settings, including education - managing specific infectious diseases*)

Whilst waiting for parents to arrive, the child should be taken to a quiet area and comforted by a member of staff they are familiar with. Staff should look out for a high temperature and have a bowl on standby. Any bodily fluid spillages should be cleaned immediately with an effective cleaning agency and disposable towel. Staff should wear an apron and gloves if possible and ensure they wash their hands thoroughly to avoid the possible spread of infection.

Staff suffering from sickness and diarrhoea **must not** handle food.

High Temperature

A child has a fever if the core body temperature is above 37.5 if they are under 5 years old. (*paediatric first aid made easy 2019*)

If a child has a high temperature at home (37.5 or above) and is given any form of Ibuprofen or Paracetamol they will not be permitted to attend nursery on that day, as the medication may be masking more serious symptoms.

If a child develops a temperature (37.5 or above) at nursery, parents will be contacted to collect their child immediately or to arrange for an emergency contact to collect their child.

With permission from parents, Nursery staff will be able to administer 1 dose of paracetamol or ibuprofen to start to relieve the fever while the child is waiting to be collected. Children must be collected within 1 hour of the medicine being administered.

Children should stay at home until they no longer have a high temperature and are feeling better. In cases where children are sent home unwell (i.e. with a temperature) on two consecutive days we ask parents to keep their children at home for 24 hours in order for their health to improve and for them to be well enough to cope with the requirements of the nursery day.

Antibiotics

Each time a child has a new prescription for antibiotics they will not be able to attend the nursery until 48 hours after the first dose. This is in case there is a reaction to the medicine. Children may then attend the nursery as usual if they are feeling better. (see administering medication policy)

Nursery staff are able to administer antibiotics with parents' permission. Parents will be asked to complete a medicine form each morning, which states the name of the medication and strength, the reason the medication is needed, when the medicine is due to be given, how much is to be given and when the last dose was administered. Parents will also sign this at the end of each session to acknowledge the medication has been given.

Conjunctivitis

Conjunctivitis is an inflammation of the outer lining of the eye and eyelid causing an itchy red eye with a sticky or watery discharge. It can be caused by bacteria or viruses or due to an allergy.

Children with conjunctivitis do not need to be excluded from attending nursery. Staff may advise parents to seek advice from their local pharmacy if the conjunctivitis has not started to improve after a few days or seems to be getting progressively worse.

Children should be encouraged not to rub their eyes and to wash their hands more frequently.

Chicken Pox

Chickenpox has a sudden onset with fever, runny nose, cough and a generalised rash. The rash starts with blisters which then scab over. Several 'crops' of blisters occur so that at any one time there will be scabs in various stages of development. The rash tends to be more noticeable on the trunk than on exposed parts of the body and may also appear inside the mouth and on the scalp. Some infections can be mild or without symptoms.

Chickenpox is highly infectious and is spread by respiratory secretions or by direct contact with fluid from blisters. Cases of chickenpox are generally infectious from 2 days before the rash appears to 5 days after the onset of rash. The exclusion period from Nursery is a minimum of 7 days, however all blisters should be crusted over before children return to nursery.

If we suspect a child has chickenpox whilst at nursery, parents will be phoned and asked to collect their child or to arrange for an emergency contact to collect their child.

Other common childhood infections include; Hand, Foot and Mouth, Slapped Cheek, Impetigo and Scarlet Fever. Some of these may require periods of exclusion from Nursery and parents/carers will be notified of any cases within the nursery.

Hand, Foot and Mouth Disease

Hand, Foot and Mouth disease is a viral infection that often impacts children under 5. It is part of the virus family ([coxsackievirus A](#)) that the common cold, conjunctivitis, and other common illnesses come from, making it a contagious infection that is spread easily.

The first symptoms of Hand, Foot and Mouth Disease are a sore throat, high temperature and not wanting to eat. The second stage usually starts a few days later and symptoms can include mouth ulcers and a raised rash of spots on the hands, feet and sometimes on other areas of the body.

Cases of Hand, Foot and Mouth disease are usually infectious and highly contagious for up to 5 days after the rash first appears. The exclusion period from Nursery is a minimum of 5 days, however, unlike with chickenpox all blisters do not need to be crusted over before children can return to nursery.

Head Lice

There is no period of exclusion for children with Head Lice however they must be treated to remedy the condition. Parents/carers should be notified if there are cases of head lice within the setting. Staff should recommend head lice treatments for parents to carry out at home

List of Notifiable Disease

Diseases notifiable to local authority proper officers under the Health Protection (Notification) Regulations 2010:

- Acute encephalitis
- Acute infectious hepatitis
- Acute meningitis
- Acute poliomyelitis
- Anthrax
- Botulism
- Brucellosis
- Cholera
- COVID-19
- Diphtheria
- Enteric fever (typhoid or paratyphoid fever)
- Food poisoning
- Haemolytic uraemic syndrome (HUS)
- Infectious bloody diarrhoea
- Invasive group A streptococcal disease
- Legionnaires' disease
- Leprosy
- Malaria
- Measles

- Meningococcal septicaemia
- Mumps
- Plague
- Rabies
- Rubella
- Severe Acute Respiratory Syndrome (SARS)
- Scarlet fever
- Smallpox
- Tetanus
- Tuberculosis
- Typhus
- Viral haemorrhagic fever (VHF)
- Whooping cough
- Yellow fever

When the setting becomes aware, or is formally informed of the notifiable disease, the manager/deputy manager informs Ofsted and acts on any advice given by the Health Protection Agency.

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