

# Sickness and Illness

## **Sickness and Illness policy:**

At **Cheeky Monkeys** 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. 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.
- If a member of staff becomes unwell during the nursery session they will be advised to go home.
- We follow the guidance published by Public Health England (Health Protection in Schools and other childcare facilities) 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
- 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 after the last bout of sickness or diarrhoea.
- 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.

- Children/Staff who need antibiotics are asked to stay 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 this is also so we can be sure the child does not have any allergic reaction to this medication.
- 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/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.
- We ask parents to not administer Calpol or any other form of pain relief medication before coming into nursery. If you feel your child needs this to attend nursery or they are not themselves then we kindly ask for you to keep your child at home.
- **Teething:** If you feel your child needs pain relief for teething please advise the nursery however if we feel your child is unwell we will contact parents for collection. Signs of teething can include. Please see NHS Advice

<https://www.nhs.uk/conditions/baby/babys-development/teething/baby-teething-symptoms/>

### **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.

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

**Colds and Flu:** Children/staff should have a normal temperature and feel fit and healthy

**Conjunctivitis:** Children/Staff

Cream/Drops must have been received from the doctor/Pharmacy and treatment should have commenced, if this is noticed during nursery sessions parents will be contacted, children are able to come back into nursery once treatment has started.

If you have a child which is under the age of 2 years old you will need to see your GP to get treatment we understand treatment may be refused if the child's eyes are not red and bloodshot if this is the case you are able to bring your child in until the redness of the eye has appeared and treatment can be given. However if your child has an excessive amount of pus leaking from the eye and seems to be uncomfortable and irritable we would strongly suggest to keep them off from nursery. As you are all aware conjunctivitis is very contagious and is easily spread. (Please see link) <https://www.nhs.uk/conditions/conjunctivitis/>

**Chicken Pox:** All spots must be completely scabbed over (usually 5 days incubation period)

**Impetigo:** Medical advice must have been sought and sores must not be weeping

**Hand, Foot and Mouth:** children /Staff should have High temperature and sores should not be weeping and children should be feeling well within themselves.

**Head lice:** Children will not initially be sent home however parents will be notified so that treatment process can commence as soon as the child gets home. A child's hair must be tied back (if long enough) to minimise spread. A notice will be put up via Nursery story.

**Measles:** Rash should have gone and child acting healthy

**Sickness/diarrhoea:** A minimum 48 hours should pass since the last bout. If your child has two loose/Diarrhoea (Mushy consistency with ragged edges or liquid consistency with no solid pieces) parents will be contacted for collection and will not be able to attend nursery for 48 hours after the last bout of sickness or diarrhoea. (Please see attached stool chart Type 6 and Type 7)

**Temperature:** The normal temperature for a child/adult is 37C, if any child's/adults temperature reaches 38C or above children's parents will be contacted for collection. 24 hours must have passed with no temperature before children/adult is allowed back into nursery.

**Unknown rashes:** Medical advice should be sought

**Sprep A –** Strep A infections are spread by close contact with an infected person. They can be passed on through coughs, sneezes or through a wound.

Common symptoms of strep A include:

- [flu-like symptoms](#), such as a high temperature, swollen glands or an aching body
- [sore throat](#) (strep throat or [tonsillitis](#))
- a rash that feels rough, like sandpaper ([scarlet fever](#))
- scabs and sores ([impetigo](#))
- pain and swelling ([cellulitis](#))
- severe muscle aches
- nausea and vomiting

Strep A can be easily treated with antibiotics if Staff or Children have a confirmed or are being treated as a Strep A case this is normally treated with a 5 day course of antibiotics where as a confirmed case will be treated with a 10 day course. All Children and staff must stay away from nursery for 24 hours after you start taking your antibiotics. Please see link attached

<https://www.nhs.uk/conditions/strep-a/>

Scarlett Fever- You can spread scarlet fever to other people until 24 hours after you take the 1<sup>st</sup> dose of antibiotics. We ask for all children/staff to remain at home until they have completed a full 24 hour course of antibiotics.  
<https://www.nhs.uk/conditions/scarlet-fever/>

You will be contacted by a member of the nursery to collect your child if they become unwell whilst in our care. The child will be cared for by a member of staff in a quiet area away from other children until parents/carers arrive to collect them.