

# Sickness and Illness



Children should not be left at nursery if they are unwell. If a child is unwell then they will prefer to be at home with their parent(s) rather than at nursery.

We will follow these procedures to ensure the welfare of all children within the nursery:

- If a child becomes ill during the nursery day, their parent(s) will be contacted and asked to pick their child up as soon as possible. During this time the child will be cared for in a quiet, calm area with their key person.
- If the sickness is severe, an ambulance will be called immediately. We will not attempt to transport the sick child in a privately owned vehicle.
- Whilst waiting for the ambulance, the parent will be contacted and arrangements made to meet them at the hospital.
- A senior member of staff must accompany any child needing emergency medical attention. Any registration forms, relevant medication sheets, medication and the child's comforter will be collected. A member of the management team must also be informed immediately.
- Staff must remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance.
- In the case of a child developing a rash, we may ask you to collect your child and contact a doctor or 111 for advice as to whether it is infectious or not.
- Should a child have an infectious disease, such as an eye/ear infection or sickness and diarrhoea, they should not return to nursery until they have been clear for at least 48 hours.
- It is vital that we follow the advice given to us by our registering authority and exclude specific contagious conditions, e.g. sickness and diarrhoea, chicken pox, high temperature, diphtheria, flu, impetigo, hepatitis A, scabies, scarlet fever, tuberculosis, whooping cough, measles, meningitis, septicaemia, mumps and rubella to protect other children in the nursery.
- Illnesses of this nature are very contagious and it is exceedingly unfair to expose anyone in the setting, especially the vulnerable to the risk of an infection
- If a contagious infection is identified in the nursery, parent/carer(s) will be informed to enable them to spot the early signs of this illness. All equipment and resources that may have come into contact with a contagious child will be cleaned and sterilised thoroughly to reduce the spread of infection
- 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. It is also important to ensure that children don't have an allergic reaction to any new antibiotics. Our policy, therefore, is to exclude children on antibiotics for the first 48 hours of the course (unless this is part of an on-going care plan to treat individual medical conditions e.g. asthma and the child is not unwell)
- The nursery has the right to refuse admission to a child who is unwell. This decision will be taken by the manager and is non-negotiable
- Information about head lice are readily available and all parent/carer(s) 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 parent/carer(s) can be alerted to check their child's hair.

### **Exclusion Periods for Staff Members**

At Grass Roots we take the health of children and staff very seriously therefore if any member of the team has a contagious illness they must adhere to the same exclusion periods as for children. This will ensure that they are able to recover appropriately and that the illness is not passed onto other staff, children or parent/carer(s).

### **Meningitis Procedure**

If a parent informs the nursery that their child has meningitis, the nursery manager should contact the Public Health Team for their area, and Ofsted. The Public Health Team will give guidance and support in each individual case. If parent/carer(s) do not inform the nursery, we will be contacted directly by the Public Health Team and the appropriate support will be given.

### **Temperature Checks:**

- When a member of the team identifies that a child may have a temperature, they need to check this immediately.
- They will use the nursery forehead infrared thermometer to check the child's temperature
- This temperature check needs to be recorded on family and a message needs to be sent to parents to explain why this temperature check was carried out.
- If the temperature is 38C or more then parents need to be contacted.
- A decision will be between management and the parents regarding next steps.
- Regardless of the decision made, all efforts must be made to reduce the child's temperature immediately.
- The methods for reducing temperatures are:
  - Remove excess clothing
  - encourage them to drink water

### **Infection Control**

Viruses and infections can be easily passed from person to person by breathing in air containing the virus which is produced when an infected person talks, coughs or sneezes. It can also spread through hand/face contact after touching a person or surface contaminated with viruses.

The best way to prevent a virus or infection from moving around the nursery environment is to maintain high hygiene standards in the setting. To do this we will follow the guidance below:

- Ensure all children use tissues when coughing and sneezing to catch all germs
- Ensure all tissues are disposed of in a hygienic way and all children and staff wash their hands or use hand gel (for staff only) once the tissue is disposed of
- Encourage all children to do the above by discussing the need for good hygiene procedures in helping them to stay healthy
- Staff will all wear the appropriate Personal Protective Equipment (PPE) when changing nappies, toileting children and dealing with any other bodily fluids. Staff are requested to dispose of these in the appropriate manner and wash hands immediately
- All potties and changing mats are cleaned and sterilised before and after each use
- Toilets are cleaned at least daily
- Staff are to remind children to wash their hands before eating, after visiting the toilet, playing outside or being in contact with any animal and explain the reasons for this
- All toys, equipment and resources will be cleaned on a regular basis and using antibacterial cleanser or through washing in the washing machine
- All equipment used by babies and toddlers will be washed or cleaned as and when they need it – this includes when the children have placed it in their mouth

- If a dummy or bottle falls on the floor or is picked up by another child, this is cleaned immediately and sterilised where necessary
- When children are ill we will follow the sickness and illness policy to prevent the spread of any infection in the nursery. Staff are also requested to stay at home if they are contagious
- The nursery management team retains the right of refusal of all children, parent/carer(s), staff and visitors who are deemed contagious and may impact on the welfare of the rest of the nursery
- Parent/carer(s) will be made aware of the need for these procedures in order for them to follow these guidelines whilst in the nursery
- The nursery will ensure stocks of tissues, hand washing equipment, cleaning materials and sterilising fluid are maintained at all times and increased during the winter months or when flu and cold germs are circulating.

**This policy will be reviewed by management annually, who are responsible for ensuring the dissemination of this policy to all staff, volunteers and parents.**