

HEALTH/ILLNESS

It is our policy to encourage and promote good health and hygiene for all the children in our care. This specifically includes monitoring children for signs and symptoms of common diseases such as Chicken Pox, Measles, Mumps, Rubella (German measles), Meningitis, Hepatitis, Diarrhoea, Vomiting and Fevers of 100F°/37.5°C or above.

With the welfare of the sick child in mind and in the interest of the remaining children, if in the opinion of the nursery staff a child is ill, then the parent/carer will be contacted and requested to collect their child as soon as possible. Although staff are not trained nurses they do have first aid certification. Whilst your child is in our care we shall monitor and record your child e.g. take and record their temperature on a 'sickness form' so that on your arrival we have full details of your child's illness.

If you think at any time you may be difficult to contact, **please ensure you supply us with an alternative emergency contact.**

It is regulation that any child who appears to be suffering from any contagious disease should not be admitted to the premises. If you are called to collect your child due to a high temperature we advise you to see your GP. **The child should not return to nursery before 24 hours of the temperature recorded at the nursery.** A temperature may be the first sign of an infection. The school has to consider the welfare of the remaining children and staff.

Medicine

Due to current legislation we are only to administer medicine, which has been prescribed by your child's GP. **We do administer Calpol or Paracetamol and Piriton without prescription.** Children who have been given Calpol or Paracetamol 8 hours prior to coming to nursery will not be accepted. It is the parent's responsibility to declare if the child has been given Paracetamol as it may affect the child if an additional dosage is given in the eventuality of your child suffering from high temperature. Please ensure you sign the medicine book if you wish a member of staff to administer medication on your behalf. A child on antibiotics may attend nursery as long as their medication has had enough time to take effect and that the child is well enough to cope with the nursery day.

All medicines that are prescribed are kept in the nursery in a cupboard in the office or fridge out of the reach of children. Parents/carers are asked never to leave medicine in the playrooms or in their children's bags on pegs.

Colds

This is not a serious illness but because it lowers the body's resistance and complications can arise. A virus causes the common cold and it can take the body's defences up to ten days to overcome.

"Should I bring my child to nursery?" A slight runny nose is acceptable, however if your child is not coping very well, seems distressed or if their nose is constantly running, then he/she should not be within the nursery environment. A yellow or green nasal discharge could be the sign of secondary infection; therefore a visit to your G.P may be necessary. Your child should not come to nursery if you feel he/she is not well enough to go outdoors.

Emergencies

In the case of a serious accident or illness occurring the parent/carer will be contacted immediately and a member of staff shall take your child to hospital. In the unlikely event of the parent/carer not being available a member of staff will accompany the child to hospital and stay with the child until a parent/carer arrives. All accidents will be recorded on an Accident form, which the parent/carer will be asked to sign. The management team will assess a child and decide whether a child should attend the A and E department of the hospital.

The Accident form is a record of ALL accidents that happen while your child is in our care on and off the premises. We record the date, time, and place of the accident and any treatment given.

The manager will notify Ofsted when a child is taken to hospital

Incidents

A member of staff may ask you to sign a 'incident form' if your child has a mark that did not occur at nursery or if an incident occurs during the day for example if your child has a nose bleed, a staff member shall record this on an incident form.

Monitoring your child

The nursery has a monitoring form that staff completes, to monitor a child's well being to ensure that the best possible care is given and the appropriate action taken.

COMMON INFECTIONS, DISEASES AND EXCLUSION PERIODS

	Signs and Symptoms	Incubation Period	Isolation Period	Special Points
Chicken Pox	May start with a cold, high temperature. Small red pimples on body which turn to yellow blister, then break.	11-21 days	5 days from onset of rash/until all visible scabs have fallen off	One attack usually gives immunity for life. But you can have it more than once.
German Measles (Rubella)	Slight temperature. Swollen glands at back of neck. Flat pin spots spreading into blotches.	14-21 days	6 days after rash appears.	Avoid contact with pregnant women.
Measles	Loss of appetite. High temperature, blotchy pink spots on neck spreading to body later.	10-15 days	Four days from onset of rash	Children should be vaccinated between 1&2 years.
Mumps	Swelling below ear spreading to face. Pain when chewing or swallowing. Rising temperature. NO RASH	12-26 days	5 days after onset of swelling.	Avoid contact with older boys or men.
Scarlet Fever	Sore throat. High temperature, vomiting. Small red spots, flushed skin, usually starting on back armpits or groin.	1-3 days	Child can return 24 hours after commencing appropriate antibiotic treatment	
Whooping Cough	Starts as an ordinary cold. Dry cough with whooping sound, vomiting. NO RASH	7-10 days	Five days from commencing antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment	

MINOR AILMENTS

	Signs and Symptoms	Exclusion Period
Conjunctivitis	Red eye often sticky.	* Highly contagious. Should not attend nursery until at least 2 applications of medication have been given.
Colds	Runny nose, coughing and a high temperature.	This is not a serious illness but because it lowers the body's resistance, complications such as bronchitis and pneumonia can arise. A virus causes the common cold and it may take the body's defences up to ten days to overcome.
Antibiotics		Child should not attend nursery until minimum of 2 doses have been administered or until any raised temperature has settled.
Infestation	Impetigo etc.	Child should not attend nursery unless a clearance note is provided.
Head lice	Small white eggs.	*Exclusion as long as eggs & lice are present. Treat child and whole family with lotion recommended.
Diarrhoea	Passing of 2 or more fluid stools.	Child should not attend the nursery for a minimum of 48 hours from last bout of diarrhoea.
Vomiting		Child should not attend the nursery for a minimum of 48 hours from last vomit.
Fever	100F/38C or over.	Exclusion from the nursery until fever has settled naturally, without aid of any type of medication, having been given in the last 8 hours.
Cold sores	Blistered, cracked, weeping, itchy lips.	*Child should not attend nursery until the cold sore has dried up. Should avoid contact with other children.
Hand foot and Mouth disease	High temperature (fever)sore throat, small spots inside mouth. Small spots on hands and feet	* Child to stay away from nursery until spots fade; minimum for 5 days after the symptoms start and until spots fade.
Impetigo	Skin reddens and small blisters appear, blisters burst leaving raw moist sores that gradually enlarge.	Until lesions are crusted and healed, or 48 hours after commencing antibiotic treatment
Ringworm		* Exclusion not usually required as long as the infected area is covered and not in contact with other individuals

*Our nursery Exclusion policy may differ from Health Protection Agency's Guidelines.

IMMUNISATIONS

• Immunisation	• Description & Age	• Duration/non attendance to the nursery •
• MMR	1-2 years	Child should not attend nursery the day of immunisation.
• Pre-school Booster	Tetanus/Booster4 +	Child should not attend nursery the day of immunisation.
• Holiday Vaccinations	Holiday abroad i.e. Hepatitis A, Typhoid etc.	Child should not attend nursery the day of immunisation.