

# Sick Child Policy including Exclusion Periods

Just for Kidz Ltd takes the children's health and well-being as utmost importance and works with you as parents to ensure illnesses are managed and sick children do not attend nursery.

Young children pass on infections readily because they are not able to cover their mouths when coughing, blow their own noses when they have a cold etc. They are therefore a source of infection to each other and the staff. Furthermore, if children are unwell or are in the process of recovering, they themselves are susceptible to contracting other infections that are present in the nursery environment and could also take it home to vulnerable members of their family.

Excluding sick children from nursery maintains a healthy environment for everyone. The staff will decide whether to send a child home or not and advise to when they can return. This is of the best interests for the child, the other children, and the staff at the nursery.

## **Children with the following conditions will not be admitted to nursery:**

- A raised temperature of over 38 degrees.
- An infection treated with antibiotics for less than 24 hours.
- Sickness or diarrhoea within the last 48 hours.
- Any childhood diseases such as: Chicken Pox, Measles, Mumps, Rubella (German measles), Scarlet Fever (please see full incubation periods for these diseases)
- Any child testing positive for COVID-19

## **If a child becomes unwell during a nursery session, we will follow the following procedures:**

- Take the child's temperature (unless they have sickness and diarrhoea) on three intervals to ensure accurate reading.
- Phone the parents, explain their child is unwell, let them know the symptoms and ask them to collect their child.
- One member of staff will sit with the child in a quiet area away from other children, until the parents arrive, we expect the child to be collected within an hour of being notified, if a parent can't collect within an hour, we will go through

emergency contacts listed on the child's admission forms. Parents should make every effort for their child to be collected within the time frame and provide a password to those individuals collecting who have not been seen by nursery staff.

It is imperative that parents are proactive in keeping their contact details up to date and making sure there is always someone available to collect a sick child within a reasonable timescale.

### **Administration of Calpol/ Nurofen or Pain Relief (Pain Relief)**

If a child needs Calpol to keep their temperature down in the morning, or to reduce pain, they are usually too poorly to attend Nursery. This may mask illnesses or a temperature in the morning, but by lunch the medication has worn off and symptoms show. This has put other children at risk of infection. Therefore, parent's **MUST** inform staff if you have given Calpol to your child in the morning before they arrive, and staff will make an informed decision based on the information provided. **This will usually mean the child CANNOT attend.**

The Nursery is able to administer Calpol in emergency situations when a child has a high temperature if the parent is going to take longer than 10 minutes to arrive to collect their child. This is only in emergency situations to regulate body temperature and prevent febrile convulsions. The amount of Calpol administered will relate to the amount stated on the packaging and according to your child's age in accordance with our policy.

We will not give Calpol for coughs or colds or as a preventative to catch an infection (See Medication Policy)

### **Administration of Teething Powder**

Teething powder may be administered to a child that is teething and is the preferred method of pain relief, as doesn't mask other symptoms. Permission must be given to apply teething powder. If teething pain does not subside after the teething powder or gel has been used, a parent phone call will be made to discuss the administration of one dose of Calpol (or pain relief.) If the child remains distressed or the fever does not subside after one hour of the Calpol (or pain relief) given, the parent will be called to collect the child.

## **Administration of Antihistamine (Allergy Relief)**

Antihistamine may be administered in an emergency whilst your child is at Nursery. This forms parts of our consents to give permission to administer antihistamine for children aged one years old or older. Parents will be contacted when antihistamines have been administered, and staff will monitor children's symptoms closely. If an allergic reaction does not subside, we will follow our emergency treatment policy.

In event of an allergic reaction the nursery will administer Piriton or if symptoms get worse use their EpiPen or Jex Pen. This must be supplied by the parent and prescribed from the doctor, and MUST be in date, clearly showing the expiry date and child's name. In addition, on the child's Care Plan and medical consent form, when and how much to administer. The parent should also inform the nursery when the last dose was administered if at home/ or a family member to relieve an allergic reaction. It is the parents' duty to have a meeting with the manger about allergies and together write up a care plan.

If a child has an allergic reaction for the first time the nursery will call you and administer Piriton. You will be required to collect them and seek medical advice in case of extreme allergic reactions.

## **Administration of Suntan Lotion**

Sun cream must be applied on sunny days prior to your child arriving at nursery. Sun cream will be reapplied at lunch time for all day children or before outdoor play if needed. The nursery will use a 50+ sensitive cream. If your child has any allergies please provide your own cream in a named bottle. Permission must be given to apply sun cream.

## **Administration of Nappy Cream**

Nappy cream must be provided from home if required in a named tube or tub. Nappy cream application will be in accordance with your home routine, if symptoms worsen, we will inform you and you may be advised to seek medical advice.

## **Antibiotics and Prescribed Medication**

If your child is prescribed antibiotics, please keep them at home for 24 hours after their first dosage has been administered in case of adverse reaction to the medication. Antibiotics and medicines will only be administered by nursery staff after the child has been taking them for 24 hours at home, and only with written permission from their parent on a Medical Form. Only medication prescribed by a doctor will be given by staff and must have the child's full name, DOB and be in date.

## **Nursery Sickness Exclusion Periods**

Just for Kidz takes the children's health and well-being as utmost importance and work with you as parents to ensure illnesses and allergies are managed and sick children are not attending nursery. Please notify the site manager of any absences due to sickness. We welcome the children back to nursery after their illness using the following exclusion periods:

### **Disease / Illness Minimum Exclusion Period**

- When given Calpol or Pain Relief: Generally, too unwell to attend nursery (may return after 24 hours if no symptoms and temperature)
- When on Antibiotics: First day at home (24 hours after first dose)
- Chickenpox 5 days from appearance of the rash
- Conjunctivitis: 24 hrs at home with prescribed medication if the child is uncomfortable or unwell with symptoms.
- Sickness/ Diarrhoea: Strict 48 hrs at home after last bout of sickness or diarrhoea
- Hand, foot and mouth: keep your child at home whilst feeling unwell.
- Impetigo: Until the skin is healed, and treatment has been given for at least 48hrs
- Head lice: Until appropriate treatment has been given and the hair is louse free.
- Measles: 4 days from appearance of rash
- Meningitis C: Until recovered from illness
- Mumps: 5 days after onset of swelling
- 'Fifth Disease' Parvovirus B19 (Slapped Cheek): stay home until feeling well.

You must inform us if your child contracts Slapped Cheek, as is harmful to pregnant women

- Rubella/ German Measles: 4 days from the appearance of the rash
- Ringworm: not necessary to exclude provided treatment is being given
- Scarlet fever: Child can return 24 hours after starting antibiotics and when feeling well.
- Whooping Cough: 48 hours hours after first dose of antibiotics or 21 days without treatment.
- Croup: stay home until fever free
- Coronavirus: 3 days following a positive test.

This is not a complete list- if you are unsure, please check our guidance of infection control document. Also see Government link below:

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/children-and-young-people-settings-tools-and-resources#exclusion-table>

### **Contagious Disease**

For the benefit of the other children in the nursery, you must not allow your child to attend the nursery if they are suffering from a contagious disease which could easily be passed on to another child during normal daily activities of the nursery.

The nursery reserves the right to refuse / accept children back into nursery until fully satisfied they are not infectious. This is to protect other children from cross infection. The nursery exclusion policy is guided by the relevant local Authority.

If in doubt

If your child is suffering from a doubtful rash, sore throat, discharge from the eyes, nose, diarrhoea or any similar symptoms; please keep the child at home until the doctor has certified that the symptoms have disappeared.