

## **TIGERS DAY NURSERIES – HEALTH AND SICKNESS POLICY**

This policy has been written following guidelines set by the NHS and Swindon Council. They are guidelines and will be used with a common sense approach with the sole purpose of protecting all children and adults in the settings and ensuring their well-being.

### **ANTIBIOTICS**

We request that children are excluded for the first 24 hours after starting a course of antibiotics. If there is a 7 day period between courses this does not apply if it is the same medication, treating the same illness.

### **CHICKENPOX**

Starts with normal cold like symptoms and generally feeling unwell. When the child appears to be recovering the spots appear. They begin with redness and gradually fill with fluid. Child must be excluded until all spots are crusted (normally 5 to 10 days). There are a few complications with chickenpox, sometimes the spots can become infected which can extend this illness, and women in the early stages of pregnancy should have their immunity checked if they come into contact with the virus.

### **COLDS/FLU**

Children are normally able to attend nursery with colds but we ask parents to use their discretion. Sometimes cold symptoms are an early indication of another illness. If a child has a temperature of 38 degrees or above we will exclude them if we feel it is appropriate.

### **COLD SORES**

Cold sores are caused by the Herpes Simplex virus and are highly contagious. A cold sore is a sore spot which causes pain and irritation for up to 10 days before it starts to heal. Creams can help if they are used as soon as the symptoms are recognised and a patch can be bought to cover the sore while the child is at nursery which we highly recommend to prevent the spread of the virus. Anyone with a cold sore should avoid kissing or close contact with others but especially babies as the virus can cause neonatal herpes in newborn

babies which is highly dangerous. No exclusion period at nursery but a high level of hygiene must be used.

### **STICKY EYES/CONJUNCTIVITIS**

These are very contagious especially where children are in close contact with one another. Symptoms are weeping, sticky eyes that are bloodshot and very sore and itchy. All children with these symptoms will need to be checked by their G.P. or Pharmacist to confirm diagnosis. If prescribed eye drops children need to be excluded from nursery for the first 24 hours. If eye drops are not prescribed and it is advised to use sterile water to bathe the eyes, again this must be carried out for 24 hours before the child is able to return to nursery. Symptoms can take up to 10 days to clear but children with a green discharge from their eyes are still considered to be contagious and excluded from nursery.

### **CORONAVIRUS**

Please treat as you would any other illness and keep your child home until they feel well enough to return to nursery.

Testing is no longer required for confirmation of coronavirus but if testing is chosen there is no requirement for children to stay home for a specific number of days or to have a series of negative tests in order to return. Please treat it as you would any other illness and keep your child at home until they feel well enough to return to nursery.

### **DIARRHOEA AND/OR VOMITING**

Onset can be very rapid and in a nursery setting can spread very quickly. All children must be excluded until all symptoms have subsided for at least **48 hours** and stools and appetite have returned to normal. Complications can include young and/or vulnerable children becoming dehydrated. Sometimes diarrhoea can be a symptom of teething in young children but their bowel movements would be no more frequent than usual. A child who has a long bout of diarrhoea could have a food intolerance which can be very painful and uncomfortable, so needs to be seen by a G.P.

### **GERMAN MEASLES (rubella)**

Another infectious disease which starts as a cold and progresses into a red rash from the torso, over the body and limbs and causes painful swollen glands. Usually children are protected from the by the MMR vaccine. Children must be

excluded until the rash disappears (at least 7 days) and they are well. Women in the early stages of pregnancy should have their immunity checked if they come into contact with the virus.

### **HAND, FOOT AND MOUTH**

Usually a mild but very infectious condition which causes a rash of fluid filled spots on the hands, feet and around the mouth. The child's mouth can become extremely painful, causing pain while eating. A temperature can also be expected. Children can return to nursery once they feel well and the spots no longer have fluid inside.

### **HEAD LICE**

Children are not excluded from nursery if they have head lice and have been treated. If we discover a child has head lice during their nursery session we will contact the parent and ask them to collect their child and treat them. They can then return to nursery. All parents will be notified if there has been a case of head lice in their child's room.

### **IMPETIGO**

Small patches of red rash, anywhere on the body which is infected. Children must be excluded until these have crusted and are obviously healing. If the affected area can be covered the child can return to nursery earlier. If they are unable to be covered the child will be excluded for at least **48 hours** after diagnosis (see antibiotics).

### **MEASLES**

Thankfully rare nowadays. Starts with cold symptoms developing into a pink flushed rash with white spots on the tongue and a high temperature.

Complications can occur, particularly with vulnerable children. Children will be excluded for at least 5 days after the rash has gone and when they feel well.

### **MUMPS**

Most children are now vaccinated against this infection. It gives the child very swollen and painful glands, causing extreme pain to swallow. The child is most infectious usually before diagnosis is made and will be excluded for at least 5 days from the onset of the swelling.

### **RINGWORM**

This is a fungal infection often caught from animals. Diagnosis needs to be made by a G.P. and treated accordingly. No exclusion period unless treated with antibiotics (see antibiotics).

### **SCABIES**

Caused by a tiny insect which burrows under the skin. It is very infectious and all members of the household need to be treated if this is diagnosed. It starts with just a few small, itchy bumps, usually on the hands and feet but often spreads. Diagnosis needs to be confirmed by a G.P. and children will be excluded until treatment has been successful. Two treatments, one week apart and all close contacts must be treated. Child can return to nursery after first treatment.

### **SCARLET FEVER**

Usually a fairly mild bacterial infection starting with a sudden fever, sore throat and loss of appetite, followed by a pin point rash. Diagnosis must be made by a G.P. and a throat swab will be taken to confirm. Antibiotics will be prescribed and complications are rare. Children will be excluded for at least 24 hours after antibiotics are started and when the child feels well.

### **SLAPPED CHEEK/FIFTH DISEASE**

Child is most infectious before rash appears on cheeks of face, hence the name. Child should be excluded until they feel well and women in the early stages of pregnancy should inform their G.P. if they have been in close contact with this disease.

### **TEMPERATURES**

We can excluded a child for a temperature of 38 degrees or above if we feel they are not well enough to attend nursery. We will use our discretion and common sense but will automatically exclude a child whose temperature has reached 39 degrees. Any medication used to control a temperature will not be administered unless prescribed by a G.P. In the case of a child being given prescribed Calpol, Nurofen etc, we would still contact parents and exclude the child. Sometimes a child who is teething will have a high temperature and we will use our discretion and common sense in these cases.

### **THREADWORMS**

This is a common condition in children and eggs are transmitted from one person to another under fingernails or on hands. Eggs then hatch in the intestine and worms lay their eggs around the anus. This causes a very itchy bottom, particularly at night when the worms are at their most active. Treatment is simple and effective and it is recommended that the whole family is treated. Exclusion from nursery is unnecessary but staff should be informed and extra care taken with hand washing and hygiene.

### **WHOOPING COUGH/PERTUSSIS**

Not too common nowadays. Children start with a cold and after a week or two the “whoop “ in the cough starts. Treatment and diagnosis is essential although the cough has to run its course. Children will be excluded for at least 5 days after the start of the antibiotics, or 21 days if no antibiotic treatment is prescribed.

The nursery is able to use parent provided nappy creams, teething gels, antihistamines and some herbal medication if necessary, only on the understanding that they have already been used by the parents at home with no adverse side effects. Please speak to the Seniors or Managers for any clarification on this. We do not administer over the counter cough medicines