

## **Illness policy 2023 - 2024**

Here at Little Acorns I always aim to identify any ill or sick children under my care. Some of the ways I do this is by keeping a close eye on them and noting any changes to their behaviour or energy levels. If they appear to be sleepy, or tell me they feel sick for example I will take steps to either make them more comfortable or take steps to access them. I will take the appropriate care of them until a parent or carer can collect them.

My setting is safe and hygienic and this includes keeping all areas clean and disinfected. All children are encouraged to wash their hands before eating and after coming inside from outdoors and after messy play. If there has been an infectious outbreak here at Little Acorns then all areas will be deep cleaned before the next session. All used nappies and tissues are bagged and disposed of at the time of use and no child has access to them. Parents/carers will be informed if an infectious disease has broken out.

If a child is taken unwell whilst at the setting their next of kin will be informed. Parents/carers will be contacted should their child have a high temperature of 37.8c or higher, and will be requested to collect their child as soon as possible. I can administer calpol in the correct dose -(This will be given in 2.5ml or 5ml dosage) if it is sent in a bag with clear instructions. It is advisable to pop a sachet in your child's bag with a written note to say what time they can have it. A copy will be made of the note so please include the following:

**Date**

**Child's name**

**Dose**

**Time and date dose can be given**

I cannot give out calpol over 3 consecutive days unless you have written medical advice from a doctor. In these circumstances it usually means the child is too ill to attend the setting and the best place for them will be at home.

Only medicine that has either been prescribed or advised by your doctor can be administered here. I cannot do this if the medicine has been decanted into a different container. The medicine needs to be in its original box complete with leaflet enclosed and with the child's name on label. Please alert me if any medicine is left in the child's bag when you arrive. In most circumstances you should hand me the medicine in a separate bag. If your child has been sick or had diarrhoea you must wait 48 hours after the symptoms have passed before bringing your child back into the setting. If your child has suspected conjunctivitis you may need to collect your child to be seen by a doctor or pharmacist for advice on what treatment is required. Once the infection is under

control and there are no visible symptoms your child may return 24 hours after this. Any unexpected rashes will be reported and you will need to collect your child immediately and seek hospital advice. If I believe your child needs immediate, life saving treatment or prevention then an ambulance will be called. I cannot accompany your child to hospital so I will call you straight away as long as your child's health will not be impacted by this call.

If your child has a sibling that has an infectious disease please let me know so I can keep an eye on your child. I reserve the right to request that children remain away from the setting until your household is 48 hours clear of diarrhoea and vomiting if there are a number of cases in the community. This can happen at peak times such as Christmas or throughout the winter.

If your child has been complaining of a sore throat, or is having uncontrollable fits of coughing, or a severe runny nose, I am sorry but they cannot be accepted into my setting. They will need to stay at home until the symptoms have cleared.

**Covid-19 (Coronavirus)** – If your child has a temperature of 37.8 or above and/or a new and persistent cough (this means coughing a lot for more than an hour or 3 or more coughing episodes within a 24 hour period), I will let you know immediately so that you can collect them to prevent the risk of Covid 19 spreading. I request that you arrive within the hour. Please note you will need to decide if your child or anyone in your family needs a covid test and you will need to seek guidance online as to what the latest rules surrounding the Covid 19 isolation regulations are. I will be adhering to any rules that the government has released as well.

**German Measles/Rubella** - If your child develops the rash a minimum of 4 days must have passed before they return to the setting. Please remember Rubella can be harmful to expectant mothers.

**Chicken pox** - Your child needs to be absent for a minimum of 5 days from the onset of the rash. If after this time the scabs have healed and your child is feeling better and not itching, they may return.

**Head Lice** - Easy to spread in an early years setting so use a course of treatment recommended by the Chemist if your child has this. As soon as treatment has been administered by you, your child may return to the setting.

Any other infectious disease such as:

Hepatitis/Impetigo (and other infectious skin disorders e.g. cold sores)/Plantar warts/Ringworm/Scabies/Threadworms/Conjunctivitis :-

Your child may return to the setting once they have received treatment and are not experiencing any untoward symptoms.

Other infectious diseases that require treatment from a doctor will require your child to be kept at home and away from the setting for a specified time frame such as:

Measles – at least 7 days away from the setting

Meningitis - when declared fit by a doctor

Mumps - 5 days away and any rashes or lumps have disappeared

Scarlet Fever - the child fully recovered and a course of treatment completed.

Slapped Cheek Disease - dangerous for pregnant mothers - please wait until your child has recovered and no lasting symptoms before they return

Tonsillitis - Please wait until symptoms have cleared, the treatment course is complete and your child is well again

Tuberculosis - please wait until your child is well and liaise with your local Health Authority

Typhoid Fever - your child cannot return until they have the all-clear by the appropriate public health official and I will need to see paperwork proof.

Whooping Cough - your child must remain at home until treatment has finished and they are well again - this can be around 21 days.

Even if your child appears well, sometimes if these diseases have affected your family they could be incubating the disease so please always inform me. This is not an exhaustive list of childhood diseases and things like flu, gastro bugs, common colds, childhood illnesses, headaches, rashes, allergic reactions and many other things are all things I will be on the lookout for. I am not a trained healthcare professional so I will always work on the basis that things can get worse, quickly. Saying that, I will always aim to use my common sense and not call you every time your little one gets a slight sniffle.

Please note the above is meant as a guide only, sometimes your child may take longer to recover. I do understand this may be inconvenient to working parents and all steps will be taken to prevent outbreaks and all NHS guidelines are followed, however sometimes difficult decisions need to be made to protect the children in my care.

### **Head injuries**

If your child bumps their head or receives a significant injury it will be recorded and the parent/carer informed as soon as possible. This may be in a text message during the session or verbally when you collect your child. This is so your child can be monitored in case of any further problems. Usually you will consult a doctor for most things but sometimes you can see a pharmacist in more minor cases. If your child has had a bump to the head or has a mark or bruise on their body it is important that you alert me to this

when you drop your child off. In some cases you might prefer to drop me a text when it happens in case you forget later.

All injuries and visible marks will be marked down in confidence, as per Ofsted's safeguarding regulations. If I have any concerns I may need to contact my local safeguarding team. I may ask you to explain a recent bruise or mark on your child. If your child gets a mark or bruise or scrape whilst at my setting, it will be noted in the accident book and I will inform you about it and ask you to sign the accident book to show that we have discussed it.