

CASTLEMORTON CE PRIMARY SCHOOL AND PRE SCHOOL



Pre School Illness Policy

LAB Approval:

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Review Date:

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Member of Staff Responsible:

Name: Amanda Smithson

OUR CHRISTIAN VISION

We are a Church School and Pre School with a commitment to providing quality education that meets the needs of our community. Creating successful learners, confident individuals and responsible citizens through a Christian approach of love, care and cooperation, so that everyone has confidence and a lifelong love of learning in order to flourish as human beings.

Policy Intent

The health and wellbeing of all the children, staff and parents who attend the pre-school is of paramount importance to us. For the pre-school to provide a clean and healthy environment and to control the spread of infection it is important for everyone to follow procedures. We believe that unwell children need to be at home to recover from illnesses where they are more comfortable, this includes both infectious and non-infectious illness. Pre-school life can be demanding, and the environment is not conducive to supporting children's recovery.

"The pre-school is committed to safeguarding and promoting the welfare of children, young people and adults at all times and expects everybody working within this setting to share this commitment".

We aim to:

- Ensure unwell children are identified.
- Ensure unwell children are cared for appropriately.
- Protect children and adults from preventable infection.
- Enable our staff and parents to be clear about the requirements and procedures when a child is unwell.
- Provide a safe, secure, and hygienic environment, following stringent planned cleaning procedures and policies, including ongoing daily cleaning routines throughout the working day. Deep and thorough cleaning practice following infectious outbreaks.
- Inform and advise all persons who have contact with the pre-school, parents, children, new and expectant mothers of an outbreak and information relating to symptoms, prevention and treatment required.
- Report infectious outbreaks to the appropriate authorities.

Procedure

The health and well-being of the children in our care is of the utmost importance and we believe that the best place for children during times of illness is at home with their main caregivers. Our staff will report any worries about a child's health or wellbeing to the main caregiver immediately. The main caregiver is responsible for keeping pre school informed about their child's health and well-being.

- ❖ Children should not attend pre school whilst suffering from an infectious or contagious disease and should be kept at home for the periods recommended by the NHS guidance, returning only once they are well enough and symptom free.
- ❖ If siblings are unwell, please do not bring them into pre school. We will bring your child outside to you by the entrance door. Please telephone in advance to let the staff know.

If your child becomes unwell during their time at pre school, then we do expect that the main caregiver or emergency contact (in the event we are unable to contact the main caregiver) to collect the child within 30 minutes of receiving a telephone call. The child will be comforted by a member of staff who will take appropriate action where necessary and can include professional medical advice whilst awaiting the arrival of the main caregiver. Please note that we expect the main caregiver to keep us informed of any changes to the emergency contact persons and their contact details.

- ❖ Staff will assess the symptoms of the child and deal with them in an appropriate way following NHS guidelines and in conjunction with our Paediatric First Aid training knowledge.
- ❖ The main caregiver will be contacted should their child have a high temperature of **38c/101F** or higher as per the pre school thermometer reading(s) and we expect that the main caregiver or emergency contact be available to collect their child within 30 minutes.

- ❖ If your child is sent home from pre school due to a high temperature or they are displaying signs of an illness, they should **not return** to pre school for a **minimum of 24 hours** to help prevent the spread of infectious diseases or viruses to staff and children.
- ❖ If your child has **diarrhoea and/or vomiting**, with or without a specified diagnosis, they should remain absent from pre school for a **minimum of 48hrs** from the last time they were unwell or had a runny stool. If your child vomits or has diarrhoea whilst at pre school, then we will contact the main caregiver to collect the child immediately. The child should not return to pre school for a minimum of 48 hours.

Whilst we understand the needs of working parents and will not exclude children from pre school unnecessarily, a child's attendance whilst unwell is at the discretion of the pre school staff. If staff request the exclusion of a child for illness or infection, then we expect the main caregivers to respect that the decision is final. Decisions made will consider the needs of the child and those within the pre school community. We do this using NHS guidelines, but we also take into consideration the age and well-being of the child as this can change the level of action we need to take, to support the needs of all the children in our care. We do not have the staffing capacity to routinely provide one to one care for unwell children.

Medicines

- ❖ We do not administer fever reducing medication. If your child has a high temperature, then they should be kept at home for 24 hours to be monitored for signs of illness.
- ❖ We only accept and administer medicine that has been prescribed by a Doctor/Nurse or Pharmacist.
- ❖ We only accept medicine that is in the original bottle or packaging with the instruction leaflet enclosed, and where appropriate with the child's name on the dispensing label.
- ❖ All medication will be documented and stored in a safe and secure place away from children. Dispensing medicine/ Healthcare forms need to be completed by the main caregiver on arrival and departure of the child.
- ❖ Main caregivers - DO NOT under any circumstances leave medication in your child's bag or put medication in a drink or food substance in your child's lunchbox or bag. This is deemed as a safeguarding children issue and appropriate action will be taken by pre school should an incident occur.
- ❖ Antibiotics –If antibiotics have been prescribed, we ask that the child stays absent from pre school for a **minimum of 48 hours**. This is to ensure whilst the child's immune system is reduced that they can recover from the initial infection without the risk of contracting or developing secondary infections and to contain the spread of infection to the pre school community and other vulnerable people. It is important for the main caregiver to monitor for signs of allergic reactions during the initial 24/48 hours of commencing antibiotics.

Children at risk of febrile convulsions

- ❖ Fever reducer e.g., Calpol, may only be administered in emergencies and only with the main caregiver's consent and if the appropriate healthcare forms have been completed.
- ❖ The main care giver will be contacted by staff to confirm the last time that the main caregiver administered fever reducer e.g., Calpol, to the child, before we will administer fever reducer to the child whilst in our care. This is to prevent overdosing the child on a paracetamol-based product.

Infectious/ Contagious Diseases Minimum Exclusion Period

To minimise the impact on our pre school community and vulnerable people in school, we expect main caregivers to be mindful of their decision to send a child to pre school whilst they are unwell. Whilst coughs and colds do not necessarily require a child to be absent, this does depend on the severity and how the child is able to cope with the daily routine. If a child complains of a sore throat, or has uncontrollable fits of coughing, or a severe runny nose, or ongoing severe discharge from their ears, nose, or eyes, the main caregiver will be advised to seek medical advice before their child will be allowed to attend pre school. If a child develops an unexplained rash or spots, then we expect the main caregiver to seek medical advice which they should follow before the child is allowed to return to pre-school.

Conjunctivitis

Whilst this is a common infection, it is also highly contagious, and it is difficult to prevent the spread amongst young children. If we believe a child may have symptoms relating to the virus, we will inform main caregivers. The main caregiver should seek medical advice on the type of treatment required. Once the child has been treated with medication and the conjunctivitis appears to be under control, providing the child is well and not experiencing symptoms that make them uncomfortable and unhappy then they may return to pre-school.

Your child should not attend pre-school for the required exclusion period if they are suffering from any of the following listed below.

Please note this list is not exhaustive and further information can be found on the [NHS website](#) *Indicates notifiable disease*

| Infectious Disease/Illness | Minimum Exclusion Period | Common Symptoms |
|--|---|---|
| Chickenpox | 5 days from the onset of rash and until blisters are all crusted. | The child may return to nursery if they are well in themselves. This is also dependant on the location of the spots and the age of the child. |
| Croup | 48 hours | A child with croup has a distinctive barking cough and will make a harsh sound, known as stridor, when they breathe in. They may also have a runny nose, sore throat, and high temperature. Croup can usually be diagnosed by a GP and treated at home. But if your child's symptoms are severe and they're finding it hard to breathe, go to A&E or call 999 immediately as they'll need urgent treatment in hospital. |
| Diarrhoea and/or vomiting | 48 hours | For minimum of 48 hours after last episode or until child is completely well |
| German Measles (rubella)* | 6 days | 6 days from onset of rash particularly as Rubella can be harmful to expectant mothers. |
| Hand, Foot, and Mouth | First day until child is well | Keep your child at home while they feel unwell and symptoms have eased, we request that ulcers on hands and around mouth are dry before returning as infection can be spread quickly. |
| Head Lice | None although treatment required | Easily transmitted from head-to-head. Please use a course of treatment recommended by the Chemist and inform pre-school, so we can inform other parents. (Confidentiality is kept to at all times) |
| Impetigo | 48 hours | Highly contagious. Until lesions are crusted and healed or minimum of 48 hours after commencing antibiotic treatment. |
| Measles* | 4 days | 4 days from onset of rash |
| Mumps* | 5 days | A child must not return to pre-school until swelling has gone and temperature is back to normal. |
| Ringworm | Once treatment has commenced | The main symptom of ringworm is a rash. It may look red or darker than the surrounding skin, depending on your skin tone. The rash may be scaly, dry, swollen or itchy. |
| Slapped cheek syndrome (fifth disease) | None | You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. But please let pre school know if you think your child has slapped cheek syndrome. |
| Scarlet Fever* | 24 hours | Minimum 24 hours after antibiotic treatment has commenced |
| Threadworms | None | No need for exclusion but prompt treatment necessary for the whole family. Please inform pre-school. |

Should you or any other member of your immediate family have any of the above illnesses, please remember that your child, whilst not necessarily showing any symptoms, may be incubating the illness and therefore infecting other pre-school users and staff. These times/days are all guidelines and may take longer in each individual case, also even though days may have passed it is dependent on how your child feels and can cope with the pre school environment.

Reporting Of Notifiable Diseases

- ❖ If a child or adult is diagnosed suffering from a notifiable disease under the public health (infectious diseases) regulations, the GP will report this to the Health Protection agency.
- ❖ When the setting becomes aware, or is informed of a notifiable disease, we will inform the relevant agencies and will act on advice given by UK Health Security Agency.

Head Injuries

If a child receives a significant bump to their head we will, as a matter of urgency:

- ❖ Contact the parent/carer immediately, for the child to be taken home or to Accident and Emergency, if thought necessary.
- ❖ We expect the main caregivers to monitor the child closely for any side effects or concussion. Please refer to the NHS website or telephone 111 for guidance or advice.
- ❖ All injuries are logged in our accident/ incident book. We do provide an information sheet on Head Injuries BUT main caregivers should always seek medical advice if they are concerned about their child's health.

Temperature in Babies and Children

Normal temperature

Body temperatures vary slightly from child to child, but the normal temperature of both babies and young children should be around 36.4°C. A normal body temperature for infants can be impacted by their level of activity and what they're wearing.

What is a fever?

A fever is a temperature of 38°C or more. Fevers, though, can have several other symptoms alongside the high temperature. Please see the [NHS website](https://www.nhs.uk) for advice and guidance High temperature (fever) in children - NHS (www.nhs.uk)

