EYFS Guidance for Illness

Enclosed is a list of the most common communicable diseases that young children experience. The list has been devised in conjunction with Public Health England and the document, 'Guidance on Infection Control in Schools and other Childcare Settings (2017)' https://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf

The following information has been produced as a guideline for you but if you are concerned about your child and unable to get an appointment with your G.P. please consult a Pharmacist or NHS direct.

If your child is suffering from any of the following infectious illnesses please let a member of staff know, or contact the nursery. Once informed we will place a notice on the front door of the nursery to ensure that everyone has been notified of any communicable diseases in the nursery.

Procedures for children who are sick or infectious

- If your child is suffering from an illness s/he must not attend nursery if they are symptomatic.
- If your child is absent from nursery due to sickness. It would be helpful if you could inform us of the type of illness he/she might have, as other children may be experiencing similar symptoms and this will enable us to keep a track on the situation.
- It is recommended that advice be sought from your family doctor as soon as possible in cases of suspected infections.
- If your child is absent from nursery due to illness, please could you inform the Nursery by 8.30am in order for us to adjust the staffing ratios, and order the correct number of children's meals.
- If a child appears unwell during the day – have a temperature, sickness, diarrhoea or pains particularly within the head/stomach - the manager or key worker will call the parents and ask them to collect their child.

- A child's temperature is taken using a Digital thermometer, this is recorded and the information shared with you on collection.

- After any periods of diarrhoea or vomiting children are to be kept away from nursery for at least 48 hours, this is to aid your child's recovery and protect the other children and adults accessing the setting, including staff members.

- Fresh drinking water will be continuously offered to the feverish child as this helps to prevent dehydration.

- In extreme cases of emergency the child will be taken to the nearest hospital and escorted by the manager and or key person.

- On the advice of the Health Protection Team, we keep individual records of illnesses for both children and staff. In extreme cases of an infectious outbreak we are expected to share children's details with this department, obviously in the interests of containment.

- If your child has been prescribed a course of antibiotics, s/he cannot be brought to nursery for 48 hours. After this time, if your child is well enough, they may return to nursery. If necessary the medication will continue to be administered by staff members (see Administrating Medicines Policy)

  Please note that we do not give any antibiotics unless it has been prescribed for your child

- Full nursery fees will be charged during sickness absences.

1. Diarrhoea and/or Vomiting

Signs and Symptoms

As diarrhoea and vomiting is infectious please do not bring your child back to Nursery until he/she has been clear of these symptoms for 48 hours. This is a national policy from OFSTED regarding the care of children under the age of five years.

In young children teething can often cause loose nappies / diarrhoea like. We will monitor nappies and in the event that a child has three loose nappies we will call home for them to be collected. If a child is sent home from the nursery the 48 hours exclusion still applies. Therefore if your child is due in the following day they will not be able to attend. Children should only return to nursery when they are well enough and have regained their appetite.

If a child is sick in the setting we will monitor their behaviour and send home. 48 hour exclusion applies.

2. Measles

Signs and Symptoms

Early symptoms of measles may include a running nose, watery eyes, high temperature and a cough. Red spots with a white centre may also be seen on the inside of the mouth, behind the ears and on the face and limbs.

General Medical Advice

As measles is infectious until five days after the appearance of the rash, please exclude your child from Nursery until the rash has disappeared.

3. Chicken Pox

Signs and Symptoms

Children who suffer with Chicken Pox can display a wide range of symptoms, but usually they will appear fretful, suffer with a loss of appetite and have a high temperature. A rash will appear on the trunk, face or limbs, and then small blisters will form which may cause an irritation.

General Medical Advice

Please provide your child with lots of fluids to help them reduce their temperature. You may find calamine lotion soothes the irritation.

Parents Action

Chicken pox is infectious for up to five days before and not more than five days after the appearance of the last spots. To reduce the risk to others your child must be excluded from Nursery for up to five days after the appearance of the spots, or until the spots are dry.

4. Mumps

Signs and Symptoms

Early symptoms of mumps can include swollen glands on one or both sides of the face, sore throat and a loss of appetite. Your child may also experience difficulty in swallowing.

General Medical Advice

Mumps can be infectious for up to one week after the facial swelling appears.

Parents Action

Please exclude your child from Nursery for five days from the onset of swelling.

5. Rubella 'German Measles'

Signs and Symptoms

Symptoms of German measles can include any of the following:

- Slight fever sometimes accompanied by a runny nose. - Swollen glands behind the ears and around the neck. - Loss of appetite, Sore throat. - Rash that starts on the face and then spreads to the body. This rash usually lasts for about 3 days.

General Medical Advice

It has an incubation period of up to 21 days. German measles is most contagious before the rash appears and then for about 5 days afterwards.

Parents Action

Please exclude your child from Nursery for 5 days after the appearance of the rash.

6. Conjunctivitis

Signs and Symptoms

Conjunctivitis causes the following symptoms in one or both eyes:

- soreness, itchiness, redness of the whites of the eye, watering or discharge and / or slight sensitivity to light.

General Medical Advice

Conjunctivitis is often caused by an infection of the eye, which may be caused by a virus or bacteria. If you are concerned about your child's eyes, please take them to be seen by a medical practitioner as this infection may need to have prescribed treatment. To relieve the irritation you may bathe the eyes in a mild saline solution. Wipe from the centre to the outside of the eye and discard each piece of cotton-wool, it is also advised that you disinfect all toys, towels and face-cloths that your child has come into contact with.

Parents Action

Please exclude your child from Nursery until they have been receiving treatment for 24 hours as conjunctivitis is highly contagious. Once the treatment has begun it is essential that the treatment is completed as the symptoms may re-occur.

7. Head-lice

Signs and Symptoms

Head-lice are still common amongst school children and can very often be passed through to nurseries. They have a lice appearance and form eggs on the hair follicles. They spread very easily and are passed from one head to another during head to head contact. Symptoms may include your child scratching their head and eggs appearing particularly behind the ears.

General Medical Advice

If you are at all concerned that your child might have head-lice, treatment is available from your chemist or pharmacist. It would be appreciated if you let a member of staff know if you are treating you child.

Parents Action

Please treat your child's hair appropriately before they return to nursery.

It may be advisable for you to routinely check your family's hair, as the lice like to transfer to a clean head of hair. It is also advisable to treat the whole household.

8. Thread-worms

Signs and Symptoms

If you note your child scratching his/her bottom, especially at night it may be due to threadworms. They are tiny, white thread-like worms that may be visible in faeces.

General Medical Advice

They are easy to treat and medicine can be bought without prescription from a Pharmacist. It is wise to treat all the members of the household.

Parent Action

No exclusion is necessary once treatment has been started.

9. 'Fifth Disease' Parvovirus B19

Signs and Symptoms

Fifth Disease is usually a mild illness caused by a human virus B19. It particularly affects children and typically causes a mild rash that may resemble a "slapped-cheek". The rash then spreads to the trunk, arms, and legs. As the centres of the blotches begin to clear, the rash takes on a lacy net-like appearance. Other symptoms that can occur include joint pain (arthralgia), fever and general flu-like symptoms.

General Medical Advice

Parvovirus B19 spreads easily from person to person in fluids from the nose, mouth, and throat of someone with the infection, especially through large droplets from coughs and sneezes. The incubation period (the time between infection and the onset of symptoms) for fifth disease ranges from 4 to 28 days, with the average being 16 to 17 days.

Parents Action

If your child is unwell then please exclude them from the nursery until they are well. If you're pregnant and develop a rash or if you've been exposed to someone with fifth disease (or to anyone with an unusual rash), consult your doctor for medical advice.

10. Hand, Foot and Mouth

Signs and Symptoms

Hand, Foot and Mouth is usually a mild illness which often starts with a feeling of being unwell for a day or so. This might include a high temperature (fever). After this a sore throat commonly occurs, quickly followed by small spots that develop inside the mouth. Blisters also often appear on palms, soles of the feet as well as in the mouth. Spots sometimes also appear on the buttocks, legs and genitals.

General Medical Advice

The incubation period is 3-6 days. If suffering from this, children are generally unwell in themselves. Please exclude your child from Nursery if they are unwell or the blisters are causing them any discomfort. If we have an outbreak within the nursery (this can be 3 or more cases) then exclusion may be considered to stop any further cases. Children are welcome back into the setting when all blisters are dry/scabbed over.

Parents Action

It can be infectious if the blisters are weeping or sore. Pregnant women should be made aware so that they can consult their doctor for advice if they are not immune.

11. Impetigo

Signs and Symptoms

Impetigo is an infection of the skin caused by bacteria. It most commonly occurs in the skin around the nose and mouth, but it can also affect skin in other parts of the body. The spots may be clustered or merge together. The centre of each one rapidly becomes a blister, which then bursts, oozing a typical golden fluid. Crusts form over the red spots, which may be itchy or slightly sore.

General Medical Advice

An infected person scratching the rash, and passing it on their fingers, to another person usually spreads it. Good personal hygiene is very important, particularly through hand washing after touching the rash. The affected person should use separate towels and flannels until the rash has cleared.

Parents Action

If impetigo is suspected, you must take your child to see your doctor as the condition is infectious, and antibiotic treatment is important. In mild cases, antibiotic cream applied locally to the spots may be all that is needed, but in more severe cases antibiotic tablets or syrup must be taken. Because the condition is contagious, children with impetigo must be excluded from nursery until all the spots have crusted and dried.

12. Scabies

Signs and Symptoms

Scabies is more of a nuisance than a serious medical problem. However, it does require medical treatment. Scabies it is caused by a tiny mite (half the size of a pinhead) which burrow into the surface of the skin causing visible raised lines or small red spots or blisters.

These occur particularly in the wrists, back of hands and between the fingers.

General Medical Advice

It may take between 2-6 weeks from the first infestation for the itching to start. Scabies can usually be successfully treated using special creams which need to be applied in two applications, one week apart. In order to prevent reinfection, it is important that all members of the household are treated at the same time.

Parents Action

Children who are infested with Scabies should not attend Nursery until at least 24 hours has passed after the first application.

13. Meningococcal Meningitis Septicaemia

Signs and Symptoms

Meningitis and Septicaemia are the inflammation of the lining covering the brain and spinal cord.

Symptoms in babies and small children include:

- Stiff body with jerky movements, or very floppy - Irritability, or dislike of being handled - A shrill cry or unusual moaning - Refusal to feed - Tense or bulging fontanelle (soft spot on head) - Pale, blotchy skin - Rapid breathing - Fever/vomiting - Drowsiness/impaired consciousness - Severe headache, stiff neck and dislike to bright lights.

Not all the symptoms have to be present at the same time.

General Medical Advice

In most cases someone with Meningitis or Septicaemia will become seriously ill rapidly. Trust your instincts – seek medical help immediately if you are concerned. You may also wish to try the glass tumbler test by pressing firmly against your child's skin. If it is a Septicaemia rash, the rash will not fade, and you will be able to see the rash through the glass. If this happens get medical help immediately.

Parent Action

When a case of Meningococcal Meningitis or Septicaemia is diagnosed the Public Health Doctor will make sure that all those who need antibiotics are contacted.

Coughs, Cold and Flu

Naturally in this kind of environment we are open to all kinds of disease and as the majority of germs are air-borne, we do appreciate that children will pick-up illnesses. If your child is unwell and would not cope with a nursery day it would be appreciated if you could keep them at home, so to reduce the risk of spreading the infection to the other children.

Medicines

(Please see Administration of Medicines Policy)

For the best interests of your child and to allow the medication to begin working, your child must have been receiving the medication for 48 hours before they are able to return to nursery.

If your child has been prescribed anti-biotics, please bring them to Nursery with clear instructions of when you would like them to be given to your child whilst they are at Nursery.

Prescription medicines will not be administered unless prescribed for a child by a doctor, dentist, nurse or pharmacist. The administration or application of all other medications/creams will require the completion of a consent form and will be administered at

our discretion. If a consent form has not been signed by either parent/carer then staff will not be able to administer medicine or apply creams. Verbal confirmation will not be acceptable.

All medications and creams need to be in their original packaging.

Calpol

When your child starts the Nursery you will be asked to sign a form which gives permission for Calpol to be administered to your child according to the instructions on the label. This will only be administered in order that we can reduce a temperature or treat minor ailments such as teething.

So that we do not put your child at risk we ask you to inform us if your child has had Calpol before they arrive at Nursery. With written consent we will administer Calpol to your child if their temperature exceeds 38°C.

Calpol is only to be administered once throughout the nursery day if after four hours the temperature returns then parents are asked to collect immediately. If after one hour of the Calpol being taken the temperature does not come down or it continues to rise then parents will be asked to collect immediately.

In the event a child has a temperature that exceeds 39°C Calpol will be administered and parents will be asked to collect.

Piriton

When your child starts the Nursery you will be asked to sign a form which gives permission for piriton to be administered to your child. This will only be administered to your child if they have an allergic reaction whilst in nursery. Parents will be informed immediately and may be asked to collect your child and advised to get them seen by a GP.

Summary

If you would like to discuss any of the illnesses mentioned in further detail please do not hesitate to contact your GP.

Your child's health is primarily your responsibility, if they are ill and need one to one comfort we would prefer it if they stayed at home as we are unable to offer an ill child one to one care on an extended basis. We value the opportunity to work with you for the best interests of your child and we are happy to discuss any concerns you may have. If you are ever unsure of anything you are welcome to contact us.

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