

Sickness & Illness Policy & Procedure

Policy statement

At Goldilocks nursery we appreciate that as working parents you need to be able to go to work, however if your child is unwell then they will be better cared for in their own home with their parents.

We are happy to care for children with minor coughs and colds but will not care for children who are very unwell, infectious or running a high temperature. We must consider the welfare of all the children and staff in our care.

Procedure

We will follow these procedures to ensure the welfare of all children within the nursery.

If a child becomes ill during nursery hours:

- I. If a child begins to show signs or symptoms that could pertain to illness they should firstly be comforted by staff, preferably the Key Person or Buddy, this should be in the form of reassurance both verbal and physical as appropriate, e.g. cuddles.
- II. If possible, the Key person/Buddy or other known familiar member of staff should spend one to one time with the child attempting to find out what is wrong and if necessary **administer First Aid**
- III. The parent(s) will be contacted and informed and may be asked to pick their child up if they are considered too unwell to be at nursery.
- IV. If we are unable to contact parent(s) the three emergency numbers provided on the application form will be contacted.
- V. No medication will be given unless prior permission has been obtained from the parent/carer. Additionally, medication will not be administered if the child has been at the nursery for less than four hours. In a medical emergency such as if the child's temperature approaches 40°C this rule may be waived with parental consent. This does not apply to certain circumstance e.g. children with asthma or epi pens.
- VI. During this time the child will be cared for in a quiet, calm area with preferably their Key Person/Buddy or another familiar member of staff.
- VII. The child should be treated with the utmost sensitivity and respect as feeling poorly can be distressing and quite frightening for a child
- VIII. Plenty of fluids should be offered to the child
- IX. If a child requires urgent care, 999 will be called for an ambulance. A staff member will accompany the child to the hospital if the parent has not yet arrived. Parents will be informed and kept updated on their child's progress, and arrangements will be made for them to meet at the hospital.

Transporting children to hospital:

- I. If the sickness is severe, call for an ambulance immediately.

- II. Staff will not transport the sick child in their own vehicles.
- III. Whilst waiting for the ambulance, contact the parents/carers and arrange to meet them at the hospital.
- IV. A senior member of staff must accompany the child and collect together registration forms, relevant medication sheets, medication and the child's comforter and any records the child may have deemed relevant.
- V. A member of the management must also be informed.
- VI. Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. If you are confident and assertive the child will feel assured
- VII. Complete relevant reports on child and inform Ofsted

If a contagious infection is identified i.e. vomiting, diarrhoea, chickenpox:

- I. The same procedure will apply as above however the child will be isolated to prevent other children being infected.
- II. If the child has vomited, the parent will be informed and they need to be picked up straight away.
- III. If the child has had 2 loose stools, then the parent must pick the child up straight away.
- IV. All equipment and resources that may have come in contact with a contagious child will be cleaned and sterilised to reduce the spread of infection.

If an unwell or infectious child comes into the Nursery:

- I. The Manager or Deputy reserves the right to refuse admission to any child who is unwell. It is unfair for a child who needs one-to-one care to be in the nursery, and it may also put other children at risk of exposure to illness or infection.
- II. The parents MUST inform staff if the child has been unwell or has been given medication prior to attending their session.
- III. The Exclusion Policy will be referred to for various illnesses and infections, which are deemed a child not to be well enough to attend nursery.

Fever

- I. The Nursery considers a fever being 38°C and above
- II. All children must remain at home for at least **24 hours** after their temperature has returned to normal, **starting from when they are no longer using Calpol, Nurofen, or similar medication.**
- III. If a child is sent home from the nursery the **24hour** exclusion still applies. Therefore, if your child is due in the following day they will not be able to attend.
- IV. If a child develops a fever whilst at the Nursery (38°C and above) the Manager or Deputy will be informed, and a "Record of Child's Temperature" form will be completed
- V. The child's temperature will be taken every 10 minutes and recorded on the "Record of Child's Temperature" form.
- VI. Babies who are known to be teething may have low level temperatures (temperature would not surplus 38°C), in these cases, as long as the child has been at the setting for more than 4 hours, prior consent from parents is obtained, followed by verbal communication with parents, calpol may be administered and the child may remain at the setting if they are well enough.

- VII. Every effort will be made to contact the parent/carer to pick up the child however in circumstances where a parent/carer cannot be reached and providing a parental consent has been given we will administer Calpol if we feel the child is deteriorating and has been at the nursery for more than 4 hours.

Diarrhoea and Vomiting

- I. All children must be kept away from the Nursery for a minimum of 48 hours after the last episode of diarrhoea or vomiting.
- II. If the child is sent home from the Nursery the 48 hour exclusion still applies
- III. If your child is due in the following day, they will not be able to attend.
- IV. If the child has vomited, the parent will be informed and they need to be picked up straight away
- V. Babies may vomit small amounts from time to time; in these circumstances management will make the decision if necessary for the child to go home and also advise parents to seek further medical help in re occurring circumstances
- VI. If Food poisoning from the nursery is suspected with staff or children, Ofsted will be informed immediately
- VII. If the child has had 2 loose stools, then the parent must pick the child up straight away. Soiled nappies will be returned to parents to evident loose stools or further investigation if needed.

Febrile convulsions, Anaphylactic Shock and any other Fit or Seizure

- I. If a child has any of the above, 999 should be called **IMMEDIATELY**
- II. Anaphylaxis typically presents with many different symptoms over minutes or hours with an average onset of 5 to 30 minutes if exposure is intravenous and 2 hours for foods. The most common areas affected include: skin (80-90%), respiratory (70%), gastrointestinal (30- 45%), heart and vasculature (10-45%), and central nervous system (10-15%) with usually two or more being involved.
- III. Anaphylaxis is a medical emergency that may require resuscitation measures such as airway management, supplemental oxygen, large volumes of intravenous fluids, and close monitoring. Administration of an auto-injector, such as an EpiPen or Jext, may be required, and only staff trained in its use should be called upon to administer it.
- IV. If a child has a Fit or Seizure, they should not be restrained however every effort should be made to protect the child's head i.e. providing soft mats or pillows to prevent further injury while the ambulance arrives.
- V. In all circumstances above, the parent will also be informed immediately and any First Aid deemed necessary would be given.

With certain infections and diseases, the Nursery follows the guidance from the UK Health Security Agency (UKHSA) in "Health Protection in Schools and Other Childcare Settings" regarding exclusion (please refer to the Exclusion Policy, which is kept in the office).

The local UKHSA Health Protection Team and Ofsted will be informed of serious illnesses.

Contact will also be made with the local UKHSA Health Protection Team to seek advice on any serious illnesses, diseases, or outbreaks within the Nursery.