

SICKNESS & ILLNESS POLICY

When children are not well, they need to be cared for at home by their primary carers. They need time to recover and feel better.

At nursery they risk becoming more sick and are more vulnerable to other infections, viruses or diseases that may be carried by others.

If children have been prescribed medication, they must be home from nursery for a **minimum** of 24 hours after they have begun taking it, and longer if required. Please see our Exclusion Policy.

Children with high temperatures, who have vomited or had diarrhoea within the last 48 hours, are COVID positive or have a highly infectious illness such as Scarlet Fever MUST remain home.

Having sick children in the nursery increases the risk of an outbreak in the nursery and puts other children and staff at risk. If too many staff are ill, we are unable to open the nursery.

All children attending nursery deserve equal access to staff's care and attention. Children who are unwell will not only be putting other children (and staff) at risk of infection but not be receiving the 1:1 attention and comfort required for their recovery.

Children must be fit for the daily activities at the Nursery in order to receive the full benefit of the provision, and allow the other children to do so also.

For these reasons, the following procedures have been put into place to help safeguard sick children and staff.

When a child comes to nursery and a staff member suspects they are unwell:

- Nursery staff will discuss their concerns with the parent/carer immediately
- If the parent carer discloses that the child has been unwell, staff should check the exclusion policy to see how long the child should be excluded from the provision, and advise them accordingly
- If the parent/carer insists the child is well enough to attend, a staff member can take the child's temperature before admitting them to the nursery
- If their temperature is normal (37c) the child can be admitted to the

nursery but staff should maintain a high level of supervision and keep a record of any concerns. If the child becomes sick in anyway then they must be sent home.

Signs or indicators that a child may be unwell

Having a high temperature (fever) is one indication that a child is unwell, but not the only indicator. Children may also display one or more of the following in addition to, or instead of, having a temperature:

- Pain
- Aches
- Nausea
- Vomiting
- Diarrhoea
- Upset stomach
- Tired/Drowsy
- Not alert/distracted
- Upset or unusually emotional
- Dizzy
- Restless
- Coughing
- Rash
- Discharge from eyes, nose, ears or other orifice
- Unusually clingy
- Reluctant to join in
- Bleeding (in urine, faeces, nose, ear, mouth or other body parts)
- Goose bumps and/or shivering
- Feeling unusually hot and cold
- Unusually thirsty or refusing food/drink

When a child becomes ill at the nursery

- Nursery staff will provide comfort and reassurance to the child in a separate room or space away from other children in order to contain any illness
- Make immediate contact with the parent/carer and where contact cannot be made the emergency contact will be contacted
- Parents/carers are expected to arrive within a maximum of 60 minutes to pick up sick children and take them home or to the doctor
- An incident record should be completed by the staff member who dealt with the situation, by recording all relevant information in FAMLY
- The incident should be reported to the manager
- The parent/carer should be advised on the exclusion period once the illness is confirmed
- In the interest of infection control, the area or room where the child was comforted awaiting pick up will be deep cleaned.

Children's normal temperature range is between 36.1 and 37.2. If children are above 37.4 they have a low grade fever. A high fever 38 or over would usually suggest an infection.