

SICKNESS POLICY SAFEGUARDING AND PROMOTING CHILDRENS WELFARE

STATEMENT

The good health of all children left in our care is extremely important to us. It is our intention to protect the health and wellbeing of all the children and the staff at The Red Squirrel Nursery (TRSN) by excluding any child, or member of staff, who is ill or infectious.

SICK CHILD PROCEDURE

If a child arrives at nursery and appears to have an infectious illness or appear to be unwell, they shall not be admitted to nursery for risk of infecting others.

A senior member of staff has the right and responsibility to refuse entry to a child or request that a child is taken home if they are considered to be unwell or not well enough to attend nursery.

If a child becomes ill during the day the following shall apply:

A parent/carer shall be contacted to take the child home if any the following apply: -

- The child is unwell with a temperature of 38°C or above where cooling methods for 20 minutes have failed to reduce the temperature
- The child has diarrhoea (this is defined as two or more liquid bowel movements within two hours)
- The child vomits
- The child has continuing or severe stomach pains
- The child has a suspicious rash that cannot be identified as a potentially contagious illness.
- The child is generally unwell and needs consoling continually on a 1:1 basis.

If staff suspect a child is unwell, they must inform their Room Head or a senior member of staff.

During this time the child will be cared and comforted for in a quiet, calm area with a familiar carer until their parent/carer arrives. The child should be kept safe and away from other children if possible.

FEVER MANAGEMENT

If a child develops a high temperature of 38°C or above (normal temperature usually ranges between 36.5°C to 37.5°C) they will be monitored, and their temperature recorded every 10 minutes until collection.

Staff will first try to lower the child's temperature using the following methods.

- Giving the child a cool drink of water
- Removing all clothing except for the child's vest/T-shirt and undergarments, we may cover them with a sheet if necessary.
- Keep the room well aired and at a comfortable temperature (about 16°C)

If after 20 minutes the child has maintained a high temperature of 38°C or above the child's parent/carer will be contacted and the situation explained. In the event that parent/carers cannot be contacted, emergency contacts will be called.

If no contact can be made with parents/emergency contacts within 20 minutes of the initial phone call then a member of the management team will contact NHS 111 for further advice. If there has been no contact after 60 minutes from the

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original call and all avenues have been exhausted to contact parents/emergency contacts then the child will be classed 'at risk' at social services called for advice and guidance.

Infant Paracetamol can only be given for a child with a history of Febrile Convulsions or in an extreme emergency where an ambulance, NHS 111 or another medical professional has instructed the nursery to do so.

TRANSPORTING CHILDREN TO HOSPITAL

- If the sickness is severe and escalates to a medical emergency situation, the Manager or Deputy Manager should call for an ambulance immediately. Staff will not transport any child in their own vehicle.
- The child should be comforted, and the Manager or Deputy Manager should ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together.
- Whilst waiting for the ambulance, we will contact parents/carers and arrange to meet them at the hospital determined by the ambulance crew. Our nearest hospitals are Ninewells Hospital, Dundee Tel no 01382 660111.
- The most appropriate member of staff and a member of management must accompany the child to hospital. Staff will ensure they have access to Family to provide the most recent information regarding the child, alongside any medication and the child's comforter/dummy and nappies if applicable.
- Staff will reassure and calm any other children present who may have witnessed the medical emergency
- Nursery will ensure staff will be provided with support following any medical emergencies.

COLLECTION OF SICK CHILDREN

When parents/carers are contacted to pick up a child due to illness, the following shall apply:

- A parent/carer shall collect the child as soon as possible, preferably within one hour. The Nursery Manager or Deputy Manager will use their discretion when organising collection of a sick child out with the preferred one-hour window.
- If a parent/carer is unable to collect the child, then the parent/carer shall arrange for another person to collect the child, giving nursery a full name and description and confirming that the person collecting the child will have the password.
- If the parent cannot be contacted within 15 mins of the initial telephone call, we shall contact the emergency contacts on the child's file to arrange collection. In this event, we will endeavor to leave a message for the parents/carers notifying them of the actions.
- If parents/carers and emergency contacts cannot be contacted or are unable to collect the child within a reasonable timeframe, The Nursery Manager or Deputy Manager will contact social services.

If a child's condition gives ongoing cause for concern, and arrangements cannot be made (as outlined above) to collect the child within a reasonable time scale, then the Nursery Manager or Deputy Nursery Manager shall at their discretion call the emergency services. Parents/Carers shall be informed of this decision and advised to where the child is being taken in line with the Transporting Children to Hospital procedure.

If a parent/carer refuses to collect their sick child, then this becomes a 'child at risk' case and we will have no alternative but to contact the relevant Child Protection Duty Team; Dundee – 01382 307999

If a child is sent home or has been ill at home the following will apply:

- Following sickness or diarrhoea, the child shall not attend nursery until at least 48 hours after the last incidence and must have passed one normal stool.
- All incubation periods should be adhered to as to ensure no further spread of infection.
- Parents/Carers are asked to inform the nursery if their child has an infectious illness or develops one after attending nursery, so that the other parents can be advised. It is very important for all other parents to be aware and alerted to look for signs of illness in their children.

If a child is sent home ill and returns to nursery the next day and again becomes unwell

Where a child has been sent home unwell from nursery they may return to nursery after the 12-hour period if they are well enough to do so. However, if the child's temperature rises above 38°C or they become unwell while at nursery for the second day in a row, parents/carers will be asked to come and collect their child and a 24-hour exclusion period will apply.

If a child is sent home ill and is unwell at home

Where a child has been given Infant Paracetamol and sent home unwell from nursery they may return to nursery after the 12-hour period if they are well enough to do so. However, if the child's temperature rises above 38°C or they are given a second dose of Infant Paracetamol at home a 24-hour exclusion will apply.

PARACETAMOL FOR PAIN RELIEF

Teething

We appreciate that for some children teething can be an uncomfortable and painful experience. Symptoms of teething can include:

- Sore red gums where the tooth is coming through
- One cheek looks or feels hot and flushed on the affected side
- Excessive dribbling
- Irritability
- Continuingly chewing on their hands or toys
- Refusal of food
- Coughing and tugging on ear
- High temperature

Infant Paracetamol can only be given to children to alleviate symptoms of teething if a parent has supplied paracetamol to the nursery that day along with the relevant consent form.

Parents or an appropriate family member such as a grandparents can drop off a supply of paracetamol and complete consent if the parents are unable to do so themselves.

Please note as per the instructions, Infant Paracetamol will not be administered for 3 consecutive days in nursery. Therefore, if a child has been given Infant Paracetamol for 3 consecutive days (including days they are not in nursery) medical advice should be sought as Infant Paracetamol may mask an underlying illness.

Injuries sustained out with TRSN

Infant Paracetamol will not be administered for minor injuries such as falls or scrapes, however, for children recovering from injuries such as a broken arm, Infant Paracetamol will be administered at the Nursery Manager's or Deputy Nursery Manager's discretion and with recommendation from the child's GP. This supply must be prescribed.

NON-PRESCRIBED ORAL MEDICATION

Non prescribed medication includes but is not limited to: Infant Paracetamol, Ibuprofen, Cough and Cold Syrups. Any child given any form of non-prescribed medication even as a 'precaution' before arriving to nursery will not be

admitted. If a parent/carer feels their child is unwell enough to warrant the need for non-prescribed medication of any form they are therefore deemed not well enough to attend nursery that day.

EXCLUSION PERIODS

Common Infections

We follow the guidance on Infection Prevention and Control in Childcare Settings (Day Care and Childminding Settings) given to us by Infection Control Team Scotland and the exclusion criteria from the 'Childcare and Childminding Settings' guidance on exclusion times for specific illnesses e.g., sickness and diarrhoea, measles and chicken pox to protect other children in the nursery.

The following periods of exclusion shall be observed: -

- High Temperature – Any child sent home or kept at home with a raised temperature shall not be re-admitted to the Nursery for at least 12 hours.
- Vomiting or Diarrhoea – Any child sent home, or kept at home, having suffered vomiting or diarrhoea shall not be re-admitted to the Nursery for at least 48 hours.
- Conjunctivitis – there is no exclusion period for conjunctivitis unless your child is feeling particularly unwell. If we suspect your child has conjunctivitis, we will contact you and advise you that we suspect conjunctivitis and suggest that you seek medical advice from your GP or Pharmacist.
- Chicken Pox – after 5 days from the onset of spots and only if crusted over may a child return to nursery
- Prescribed Antibiotics/Medication – Any child on prescribed antibiotics/medication shall not be admitted to nursery until at least 24 hours from the first dose administered unless written advice from the prescribing doctor states otherwise. It is important that children are not subjected to the rigours of the nursery day, which requires socialising with other children and being part of a group setting, when they have first become ill and require a course of antibiotics/medication.

Exclusion Periods after Hospitalisation

- Following treatment or a stay in hospital, whether resulting from an accident, operation or illness, we require that a child does not attend nursery for at least 24 hours unless medical advice states otherwise. Each instance should be discussed with the Nursery Manager or Deputy before a child can return to nursery
- Parents/Carers are required to provide advice from the Hospital on their recommendations regarding any additional rest periods and after care.

Exclusion after Immunisation

- Children shall not attend the nursery for a period of at least 12 hours immediately following an immunisation in the event they suffer an adverse reaction; this also includes Flu immunisation via nasal spray as this method may still cause side effects.

CONTAGIOUS AND COMMUNICABLE DISEASES

In the event of a suspected case of a contagious infection or communicable disease then in addition to the above the following shall also apply:

- All staff shall be informed of the suspected contagious or communicable disease and given further information on the symptoms, how the disease is transmitted, treatment and exclusion periods.
- Information shall be given to parents/carers via the Family app
- The Care Inspectorate and local Health Protection Team (HPT) will be notified where we have any child or staff member with a notifiable disease such as food poisoning or acute meningitis.
- A record of every child suspected and diagnosed with the disease shall be recorded including dates when symptoms first started, diagnosed by a doctor and date as well as the date the child returned to the nursery

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if applicable.

- All rooms where a child is diagnosed with a contagious disease shall be deep cleaned and staff should ensure that they and the children follow the proper hand washing procedures.
- Depending on the contagious disease, where there is no exclusion period, infected children's bedding shall be isolated and their eating utensils washed separately.

If more than one child has any of these signs or symptoms staff will contact the local HPT for advice.

NHS – Health Protection Team Tel: 01382 596987/976

Meningitis procedure

- If a parent/carer informs the nursery that their child has meningitis, the Nursery Manager will contact the HPT for their area. HPT will give guidance and support in each individual case.
- If parents/carers do not inform the nursery, we will be contacted directly by the HPT and the appropriate support will be given.
- The nursery will ensure that it follows all guidance given and that the appropriate authority is notified.

Covid-19 Guidance

Children

As with any illness, children should stay at home if they are unwell and have a high temperature. They can return to nursery and resume normal activities when they no longer have a fever and they feel well enough to participate in normal nursery activities.

Adults (Staff members)

Any adult showing symptoms of a respiratory infection, such as COVID-19, along with a high temperature or those who do not feel well enough carry out normal activities should stay at home and avoid contact with other people, until they no longer have a high temperature (if they had one) or until they no longer feel unwell.

We ask any parents/carers displaying these symptoms to avoid the nursery setting until recovered.

Covid-19 Testing

Most people in Scotland no longer need to test for coronavirus and it is not recommended that children and young people are tested for coronavirus unless advised to by a healthcare professional.

If a child does have a positive coronavirus test result, they should stay at home and avoid contact with other people for 3 days after the day they took the test or from the day their symptoms started (whichever was earliest).

After 3 days, if they feel well and do not have a high temperature they can leave isolation and return to nursery.

Adults

Any adult who has tested positive should stay at home and avoid contact with other people for 5 days after the day they took their test, or from the day the symptoms started (whichever was earlier). After this time if adults feel well enough to resume normal activities and no longer have a high temperature (if they had one) they can leave isolation and return to work, etc.

Global and National Pandemics

In the event of a global or national pandemic, we must adhere to government guidelines to ensure the safety of the children, staff and the community as a whole. In these instances, a Safe Operating Procedures (SOP) policy will be published by Management and continually reviewed alongside government guidelines. The SOP will supplement the procedures set out in this policy.

Parents/Carers Responsibility

It is the responsibility of parents/carers to inform the nursery if their child is unwell regardless of whether or not the illness falls on a day when they are not in nursery. Parents/carers must inform the nursery if their child has had any medication whether it is prescribed or not before arriving at nursery.

I/we confirm that I/we have read and fully understand the above policy and understand that this policy forms part of our TRSN Terms and Conditions.

Parent/Carer name		Parent/Carer name	
Signature		Signature	
Date		Date	