

Sickness and exclusion policy

At Hearts and Minds we aim to provide care for healthy children through preventing cross infection of viruses and bacterial infections and promote health through identifying allergies and prevent contact with the allergenic trigger. To help keep children healthy and minimise infection, we do not expect children to attend nursery if they are unwell. If a child is unwell, it is in their best interest to be in a home environment with adults, they know well rather than at nursery with peers.

Duties of the parents/carers

The local authority regulations state that parents/carers are required to give the following information to a setting that their child attends: name, address, and date of birth of each child; respective telephone numbers of the parent/carers of each child; name, address and telephone number of alternative emergency contact; name, address and telephone number of each child's doctor and the state of immunisation and infectious diseases suffered by each child.

Illness at nursery

Should a child become unwell during their time at Hearts and Minds, we will contact their parents/carers to liaise with them about their child's wellbeing. Although staff at Hearts and Minds are Paediatric First Aid trained, they are unable to diagnose an illness and therefore we will always advise parents/carers to seek expert medical advice should we have any concerns about their child's wellbeing.

If a child has a temperature, they are kept cool, by removing a top layer of clothing. The child's temperature is taken using an in the ear thermometer, kept in the office. If the child's temperature is 38°C or above, then a member of staff may give them Calpol, after first obtaining verbal consent from the parent where possible. If a child's temperature is 38.5 or above, then we will administer Calpol as stated in this policy but will request the child is collected as soon as possible. This is to reduce the risk of febrile convulsions, particularly for babies. Parents sign the medication record when they collect their child. Should a child require Calpol the following day the parent's will be contacted and asked to collect.

If a child becomes seriously ill or injured during his/her attendance at the nursery, the nursery reserves the right to call for emergency assistance and if the child must be taken to hospital and parents or care givers have not arrived then a member of management will go with the child, which parents have consented to on the child's contract. If a child has to go to hospital as a result of an illness or accident, we will do our utmost to inform you immediately (using the details on your contract). It is therefore vital that this information is kept up to date and that you inform us of any changes to these details as soon as possible. Parents are asked to take their child to the doctor before returning them to the nursery and we reserve the right to refuse admittance to children who have a temperature, sickness and diarrhoea or a contagious infection or disease.

Medication during illness

Should a child have an infection or illness which requires them to take medication, they must not return to the nursery setting for a minimum of 24 hours. This is to allow the medication to begin to take effect and to ensure that the child does not have an allergic reaction.

Over the counter medication

Due to the fact that doctors are not issuing prescriptions for minor ailments we as a nursery are happy to administer certain medication without a prescription label. However, all medication must be in its original packaging containing information with regards to dosage, expiry date and when opened. Parents will sign consent upon arrival to allow us to administer the medication. This will include eyedrops for conjunctivitis and teething gels or crystals and certain medicated creams.

Sickness and diarrhoea

If a child has been vomiting and/or diarrhoea they should not return to the nursery setting until they have been clear of symptoms for 48 hours in order to reduce to risk of spread of infection.

Some activities, such as sand and water play, and self-serve snacks where there is a risk of cross-contamination may be suspended for the duration of the outbreak.

Minimum exclusion periods for infectious illnesses, including incubation period and infectious periods

Diseases	Recommended period to be kept away from nursery	Comments
Athletes foot	None	Athletes foot is not a serious condition. Treatment is recommended
Chickenpox	Five days from the onset of the rash	Pregnant women who have never had chickenpox should see their GP
Cold sores	None	Avoid contact with sores. Cold sores are generally mild and self-limiting
Conjunctivitis	Absence from nursery is not necessary if treated. Otherwise, until eyes have recovered and discharge has stopped	Advise not to share face clothes and towels
Diphtheria	Exclusion is essential. Consult your local HPU	Family contacts must be excluded until cleared to return by your local HPU. Preventable by vaccination
Slapped cheek	Exclusion not recommended	Pregnant women must seek GP advise
Rubella	Should remain out of nursery for 5 days from onset of rash	Pregnant women must seek advise from GP if they have been in contact
Glandular fever	None	
Hand, foot and mouth	None	Contact your local HPU if a large number of cases have been reported within setting. Exclusion may be considered in some cases

Head lice	None, but appropriate treatment is required promptly	
Hepatitis A	Exclude until 7 days after the onset of symptoms	Local HPU with advice on control measures
Impetigo	Child can return to nursery after the commencement of antibiotics	
Influenza	Until child has recovered	
Measles	5 days from the appearance of the rash	
Meningococcal meningitis/septicaemia	Until recovered	
Meningitis due to other bacteria	Until recovered	
Meningitis viral	None	
Mumps	5 days from onset of symptoms	Preventable by immunisation
Ringworm	No need to exclude, however appropriate treatment from GP is important	
Scabies	Until course of treatment has been administered	
Scarlet fever	Child can return 24 hours after commencing appropriate antibiotics	
Shingles	Exclude only if rash is weeping and cannot be covered	
Threadworm	No need to exclude, however treatment is necessary for cases	
Tonsillitis	None	
Warts and Verruca's	None	
Whooping cough	5 days from commencement of antibiotics	

Reporting a notifiable disease

If a child or adult is diagnosed as suffering from a notifiable disease under the Health Protection Regulations Act 2010, the nursery must inform Ofsted and contact Public Health England and act on any advice given. Notifiable diseases include:

- Acute poliomyelitis
- Anthrax
- Cholera
- Diphtheria
- Dysentery
- Food poisoning
- Leptospirosis
- Malaria

- Measles
- Meningitis
- Meningococcal septicaemia
- Mumps
- Ophthalmia neonatorum
- Paratyphoid fever
- Plague
- Rabies
- Relapsing fever
- Rubella
- Scarlet fever
- Smallpox
- Tetanus
- Tuberculosis
- Typhoid fever
- Typhus fever
- Viral haemorrhagic fever
- Viral hepatitis
- Whooping cough
- Yellow fever

Emergency medical care

Upon starting at Hearts and Minds, the setting requests that parents and carers sign an emergency treatment declaration. This allows Hearts and Minds to seek emergency medical advice where they see suitable, which may result in medical professionals taking responsibility for any treatment in the absence of parents or carers.

Should a child in Hearts and Minds care require emergency medical attention, the following procedure will be undertaken:

- Staff will call for an ambulance immediately
- Whilst waiting for an ambulance to arrive, a member of staff will stay with the child, while other children are kept calm and away from the unwell child. Redeployment of staff by management if necessary to ensure the safety of the other children.
- During this time the child's parents/carers will be contacted and arrangements will be made to meet them at the local hospital or at the setting depending on which is closest
- Arrange for the most appropriate staff to accompany the child taking with them any relevant information such as registration forms, relevant medical sheets, medication and child's comforter
- Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the incident.

Managers signature _____ Date _____



Last Updated
October 2023

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Date for review _____