



Charitable Incorporated organisation No: 1206270  
Ofsted No: 2804811

## 04 Health procedures

### 04.5 Poorly children

- If a child appears unwell during the day at Stepping Stones Play and Learn Group, for example has a raised temperature, sickness, diarrhoea\* and/or pains, particularly in the head or stomach then the setting Nursery Coordinator/Deputy or key person will contact the parents/carers and asks them to collect the child or send a known carer to collect on their behalf.
- If a child has a raised temperature, top clothing may be removed to make them more comfortable, but children are not undressed or sponged down to cool their temperature. A high temperature should never be ignored, but it is a natural response to infection.
- A child's temperature is taken and checked regularly, using Fever Scans or other means i.e. ear thermometer.
- In an emergency an ambulance is called, and the parents/carers are informed.
- Parents/carers are advised to seek medical advice before returning them to the nursery setting; the setting can refuse admittance to children who have a raised temperature, sickness and diarrhoea or a contagious infection or disease. **Once a child has been deemed unwell enough to stay at nursery, they will not be allowed back in nursery on the same day even after seeking medical advice.**
- Where children have been prescribed antibiotics for an infectious illness or complaint, parents/carers are asked to keep them at home for **48 hours**.
- If a child has been given a paracetamol-based medicine prior to entering the nursery setting, parents/carers will be asked to complete a form stating, the date, time, reason for giving medication and signature. **Children who have been given a paracetamol-based medicine to reduce a temperature will not be admitted into the nursery setting.**
- After diarrhoea or vomiting, parents/carers are asked to keep children home for **48 hours** following the last episode.
- Some activities such as sand and water play will be suspended for the duration of any outbreak.
- The nursery setting has information about excludable diseases and exclusion times.
- The Nursery Coordinator notifies the trustees if there is an outbreak of an infection results in the closure of the nursery and keeps a record of the numbers and duration of each event.



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### **Notifiable diseases and infection control**

If educators suspect a child who falls ill whilst in their care is suffering from a serious disease that may have been contracted in the United Kingdom or abroad, immediate medical assessment is required. The Nursery Coordinator or deputy will call 111 and inform parents / carers.

Preventative measures are taken to reduce the risk of an outbreak returning. When an individual shows signs of an infectious illness, they are advised not to attend the nursery setting. If a child is already at the setting, they will be made comfortable in a space away from the other children to rest until they are able to be collected. The importance of thorough handwashing will be reiterated, and the educators will promote the 'catch it, bin it, kill it' approach with children and young people.

In the case of an outbreak of a notifiable disease which has been confirmed by a medical professional, the Nursery Coordinator will seek further advice from the UKHSA, if not already contacted by them.

The Nursery Coordinator has a list of notifiable diseases and contacts the UK Health Security Agency(UKHSA), Ofsted, in the event of an outbreak.

### **Unwell children upon arrival**

- On arrival, it is vital that parents/carers inform a member of staff if they notice their child may be showing signs of being unwell. It is the responsibility of the parents / carers to ensure their child does not attend the nursery setting if they are not fit to; this is a precautionary measure to prevent other children or staff from becoming ill. If a child is brought into the setting with a non-prescription medication to treat a temporary illness or appears to show signs of being unwell, the Nursery Coordinator will use their discretion to decide whether a child is fit to remain in the setting. **Children will not be admitted into the nursery setting if they have been given a paracetamol-based medicine to reduce a temperature.** They will be asked to stay at home until they are well enough to return.

### **Infection control for bodily fluids – transmissible viruses**

- Viruses such as Hepatitis, (A, B and C), are spread through body fluids. Hygiene precautions for dealing with body fluids are the same for all children and adults. Transmittable viruses are spread through bodily fluids. Hygiene measures are put in place to protect all staff and children/young people. These include



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single use vinyl gloves and aprons are available and can be worn when changing children's nappies, pants and clothing that are soiled with blood, urine, faeces or vomit.

- Protective rubber gloves are used for cleaning/sluicing clothing after changing.
- Soiled clothing is rinsed and bagged for parents/carers to collect.
- Spills of blood, urine, faeces or vomit are cleared using mild disinfectant solution and designated area mops; cloths used are disposed of separately.
- Tables, other furniture or toys/resources affected by blood, urine, faeces or vomit are removed where possible and cleaned using disinfectant. For larger items such as furniture, these must be cleaned immediately with disinfectant.
- Children who have mouthed toys, toys must be cleaned prior to another child using them. All toys/resources are cleaned regularly. Sterilising solution for plastic toys/resources.

### **Handwashing**

Handwashing is a crucial infection control measure which reduces the spread of illness. Adults, children and young people should regularly wash their hands, and increase this where there is an infection outbreak.

This should be carried out by all:

- After outside breaks
- Before meals and snack times
- Before preparation of snack and meals
- After using the toilet
- After nappy or clothing changes
- After the removal of personal protective equipment (PPE), including gloves.
- After blowing noses
- Before and after administering medication

**Public Health England** advises that children and staff should be encouraged to catch sneezes with a tissue, bin the tissue and wash their hands.

### **Nits and head lice**

- Nits and head lice are not an excludable condition; however, **children must have received at least one dose of treatment before being allowed back into the setting** although in exceptional cases parents may be asked to keep the child away from the setting until the infestation has cleared.



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- On identifying cases of head lice, all parents/carers are informed. We ask parents/carers to treat their child and all the family, using current recommended treatments methods if they are found, before they return.

### **When to return after illness back to Stepping Stones**

|                            | <b>Return</b>                                                                                                                                            |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Chicken Pox</b>         | Minimum 5 days from onset of rash, no new spots and spots are not weeping.<br>Child must be back to their usual mood and behaviours with no temperature. |
| <b>Cold sores</b>          | Once the sore has healed                                                                                                                                 |
| <b>German measles</b>      | Minimum 6 days after onset of rash and child is back to usual mood and behaviour with no temperature.                                                    |
| <b>Hand foot and mouth</b> | Minimum 5 days from onset of symptoms and the child is back to usual mood and behaviour and no temperature                                               |
| <b>Impetigo</b>            | Once lesions have healed due to high risk of infection to others                                                                                         |
| <b>Measles</b>             | 5 days from onset of rash and child is back to usual mood and behaviour with no temperature.                                                             |
| <b>Conjunctivitis</b>      | 3 days and weeping has stopped. Eye drops recommended                                                                                                    |
| <b>Head lice</b>           | Once child has been treated, please see above information.                                                                                               |

*\*Diarrhoea is defined as liquid or semi-liquid stools in a 24-hour period.*

[www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/chapter-9-managing-specific-infectious-diseases#diarrhoea-and-vomiting-gastroenteritis](http://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/chapter-9-managing-specific-infectious-diseases#diarrhoea-and-vomiting-gastroenteritis)

### **\*\*Paracetamol based medicines (e.g. Calpol)**

*The use of paracetamol-based medicine may not be agreed in all cases. A setting cannot take bottles of non-prescription medicine from parents to hold on a 'just in case' basis unless there is an immediate reason for doing so. Settings do not normally keep such medicine on the premises as they are not allowed to 'prescribe'. However, given the risks to very young babies of high temperatures, insurers may allow minor infringement of the regulations as the risk of not administering may be greater. Ofsted is normally in agreement with this. **Such medicine should never be used to reduce temperature so that a child can stay in the care of the setting for a normal day.** The use of emergency medicine does not apply to children over 2 years old. A child over two who is not well, and has a temperature, must be kept cool and the parents asked to collect straight away.*



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*Whilst the brand name Calpol is referenced, there are other products which are paracetamol or Ibuprofen based pain and fever relief such as Nurofen for children over 3 months.*

### **Further guidance**

[Medication Administration Record](#) (Alliance Publication)

Guidance on infection control in schools and other childcare settings (Public Health Agency)

[https://www.publichealth.hscni.net/sites/default/files/Guidance\\_on\\_infection\\_control\\_in%20schools\\_poster.pdf](https://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf)

[High temperature \(fever\) in children - NHS \(www.nhs.uk\)](#)

[www.nhs.uk/conditions/head-lice-and-nits/](http://www.nhs.uk/conditions/head-lice-and-nits/)