



PROMOTING GOOD HEALTH POLICY

SICKNESS & MEDICINE – March 15

Please read this policy carefully and ensure that we are in possession of all your current phone numbers.

Our policy has been prepared for the benefit of all our children, families and staff following guidelines from the Health Protection Agency. When people comply with the policy incidents of sickness and re-occurrences are significantly reduced. We appreciate how difficult it is taking time off work to care for your children, especially in the current economic climate, however if children attend whilst sick the chances of the illness affecting more families will inevitably increase.

We firmly believe that there is no substitute for a parent's care, especially when a child is feeling unwell and in need of individual attention within their home environment. When we are required to give 1-1 care and attention this means there are less staff available to care for the other children.

We understand that it is unrealistic for the children to remain at home with "sniffles" or minor ailments and would like to assure you that we will not ask you to collect your child without careful consideration beforehand.

Preventing the spread of infection:

Please help us reduce illness by keeping your children home if they are clearly unwell, or if they have high temperatures, sickness or diarrhoea. Unidentified spots and rashes may require a trip to the GP. Experience shows that very often parents administer medications as a precautionary measure and in the majority of cases a child who is unwell enough to be given Calpol or a similar medication should not attend nursery. We will not administer Calpol to children who are 'under the weather' or 'had a bit of a temperature last night'. Parents may bring in their own Calpol which will only be administered for unexpected illness. Although such medications have the ability to reduce fevers and pain they cannot cure infection; therefore symptoms will re-appear once the dose has worn off. It is a concern that by giving medication we could be masking something more sinister. If you are unsure about your child's health we will be happy to discuss whether it is advisable for them to attend nursery however we are not qualified to give medical advice.

Reporting illness: If your child is unwell, please call as soon as possible to let us know:

- When your child first became unwell
- His/her symptoms
- Whether you will be going to the doctor- please inform us of the outcome including any medication prescribed

Temperatures: If a child develops a temperature of 38° C or higher it is classed as a fever and the child will need to be kept off or taken home. Calpol will be administered at our discretion for high temperatures, following a phone call and receipt of an email to confirm consent and dosage. High temperatures often indicate an underlying illness and if they last beyond 24 hours you may wish to visit the GP.

Vomiting: We know that children sometimes vomit occasionally as a once off for no apparent reason however if there are further incidents or they appear unwell, please keep them home. If your child vomits more than once at nursery, or is clearly unwell, you will be called and asked to keep them home for 48 hours after the last incident. The HPA has advised us that illnesses causing vomiting are airborne, making it highly contagious and germs may remain in the system during this time.

Diarrhoea: If your child has two very loose nappies or clearly has a stomach upset we will ask you to collect him/her as soon as possible. Babies and small children are very vulnerable to gastric illnesses, some of which can be extremely serious. Gastric illnesses spread despite the strict hygiene procedures that we follow. As stated in the HPA guidelines, your child should remain home until 48 hours after their first normal bowel movement. ***We request all parents to be vigilant and co-operate with this otherwise incidents can develop into outbreaks.***

Teething: We know that many children suffer whilst teething. As a parent you may feel that teething is the cause of your child's temperature, loose nappies etc however we are not in a position to make that judgement. We make decisions on an individual basis taking into account your child's behaviour, whether they are playing, eating, sleeping, crying continually and if they appear hot we will take his/her temperature before contacting you. We are willing to give 1 dose of Calpol during the day for teething pain, providing it is at least 6 hours after any previous dose. We are happy to administer teething gels.

All infections e.g.: Conjunctivitis, sticky eyes, weeping ears, thrush etc. If children have a suspected infection we advise you to take them to the doctor or chemist. Medication may be prescribed and although the HPA no longer recommends exclusion, your child may benefit from a day out of the group environment.

Headlice: Are still fairly common amongst children and there is no need to keep them home for this condition. Please check your children's hair regularly & if you notice any eggs or lice inform staff and seek advice/treatment from your local pharmacy.

We will take good care of your children should they become unwell, allowing them to rest, be kept as cool & comfortable as possible & encouraged to drink fluids until you are able to collect. You may be given a 'sick child at nursery' form that describes their symptoms.

MEDICINES

Medication: All medicines must be handed to staff on arrival & will be recorded on our medicine forms.

We will administer prescribed medication from your doctor or dentist or those recommended by a nurse or pharmacist provided you complete a medicine permission form which will include when the last dose was given and, where medication is not prescribed by the GP or dentist, that your child has received the medication previously without any side-effects. Please ensure that all medication is clearly labelled with your child's name & D.O.B. and that the dosage is clear- include the amount & time it is to be given i.e: before or after food. (Aspirin based medicines will only be given if prescribed by a doctor.) As you will appreciate we cannot give a child un-named medicine.

Antibiotics: Children who have been prescribed a course of antibiotics should be kept home for a minimum of 24 hours to allow the medicine to start taking effect. Please make sure that your child is sufficiently recovered before they return. We will ensure that at least 4 hours have elapsed between doses as antibiotics are a strong form of medication, the recommended gap being 6 hours.

Paracetamol based medicines, e.g: Calpol: As stated above this will be given if prescribed, or in the case of a very high temperature or painful teething provided we have either written or email confirmation of permission.

Inhalers, Epi-Pens: inhalers and other medication including skin creams: Parents will be asked to give us a written summary of the child's condition and all known irritants so we may care for them accordingly, providing updates where relevant. In some cases they may be required to show staff the procedure for using the necessary medical equipment. Please see separate allergy policy.