

Safeguarding and Welfare Requirement: Health

The provider must promote the good health of children attending the setting. They must have a procedure, discussed with parents and/or carers, for responding to children who are ill or infectious, take necessary steps to prevent the spread of infection, and take appropriate action if children are ill.

34. Managing children who are sick, infectious, or with allergies (Including exclusion periods)



Policy statement

At Ridgemount Cottage Nursery we promote the good health of all children attending. To keep all children and staff healthy and minimise infection, we do not expect children to attend if they are unwell. If a child is unwell, it is in their best interest to be in a home environment with adults who they know well and who can provide one to one care and attention.

Temperatures

- Low temperature: Below 36.4 degrees
- Normal body temperature is 36.4 to 37.5 degrees
- Mild temperature: 37.5-37.9 degrees
- High temperature: 38 and above
- A high temperature is the body's natural response to fighting infections like coughs and colds and other more serious illnesses.

Grid explaining temperatures

Temperature	Action
Mild temperature-37.5-37.9 degrees	Cool down process to be carried out. If, after 20 minutes the temperature is mild (between 37.5 and 37.9 degrees) then consent is sought from parents for Calpol, and it is administered. Children can remain at nursery. However, if the child's temperature rises above 38 degrees, or a second dose of Calpol is required then the child must be collected. 48 hours exclusion policy applies.
High temperature- 38-39 degrees	Cool down process is exempt (not carried out) Consent is sought from parents to administer Calpol. If parents do not consent for Calpol to be given, they must collect in 20 minutes. Child must be collected ASAP.
Temperature above 39 degrees	Cool down process is exempt (not carried out) Calpol is administered immediately. This is to reduce the risk of febrile convulsions. Consent is sought from parents after Calpol is given. Child must be collected in 30 minutes. In extreme cases of emergency, an ambulance will be called, and the parent informed.

Why and when we check children for temperatures:

We only check children's temperatures when your child might:

- Feel hotter than usual when you touch their face, back or chest (without an obvious cause)
- Feel sweaty (without an obvious cause).
- Look or feel unwell.

We do not check a baby or child's temperature without reason. If a child presents with a mild temperature the cool down process is carried out to identify if the temperature is environment/ activity induced or cause by a natural body temperature.

If during this cool down period, the child's temperature comes down to below **37.5 degrees** (normal temperature) this informs us that the temperature is not a cause for concern. Therefore, the child can remain at nursery.

If during the cool down process, the temperature remains above **37.5 degrees**, but below **38 degrees**, then contact will be made with parents to seek permission to give Calpol.

When can children stay at nursery?

- If the child appears well enough in themselves before Calpol is administered, and if the Calpol reduces the temperature, the child can remain at nursery.
- If the child has a temperature up to **38 degrees**, then the cool down process is followed and reassessed after **20 minutes**. Then, if the child's temperature reduces but is still above **37.5 degrees**, parents will be called to seek permission to give Calpol and the child will be assessed to see if they are well enough to stay at nursery.
- If the cool down process is effective, or if parents do not permit Calpol to be administered for a mild temperature, but the child's temperature falls, then the child can stay at nursery.

When do children need to be collected from nursery?

- If temperature continues to increase without Calpol, or it reaches **38 degrees or above**, then parents will be contacted to seek permission to administer Calpol and parents will be required to collect immediately or ask a family member or friend to do so on their behalf.
- If temperature continues to increase after Calpol has been administered, or it reaches **38 or above**, then parents will be required to collect immediately or ask a family member or friend to do so on their behalf.
- If a child requires a second dose of Calpol, even for a mild temperature, in a day then they are required to go home.
- If a child has a high temperature **above 38 degrees**, the cool down process is exempt. In this situation the staff will contact parents to seek permission to administer Calpol and request the child is collected. **If in the advent that parents do not wish for their child to have Calpol administered, they must collect within 20 minutes of the call.**

Procedures for children who are sick or infectious.

In order to take appropriate action of children who become ill and to minimise the spread of infection we implement the following procedures:

Cool Down process

- If a child has a mild temperature up to **38 degrees**, they are kept cool, by removing top clothing, shoes, and socks, sat down with a drink and monitored for **20 minutes**. They will be kept away from draughts during this time. After **20 minutes** they will have their temperature taken again. If the temperature is still above **37.5 degrees** but below **38 degrees**, staff will call parents to seek verbal consent to administer Calpol to reduce the temperature. **Children with a mild temperature can remain at nursery however, in the event your child requires a secondary dose of Calpol for a temperature on the same day parents will be contacted to collect their child.**

Your child will not be allowed to return to nursery for 48 hours.

- In the event they cannot collect, parents are required to choose a suitable family member or friend to collect on their behalf. In the event of a friend or family member collecting that is not on the designated list of approved people to collect a one-use password will be requested for security. Staff may also ask for a brief description of the person collecting e.g. Wears glasses and has long blonde hair.
 - If a child has a temperature high or low the exclusion policy is 48 hours after the last needed dose of Calpol. If as parents, you choose not to give Calpol the 48 hours exclusion still applies from the collect time. This policy is in place to reduce infectious illnesses being spread around the nursery to try and reduce illnesses for both children and staff.
 - If your child has a temperature or requires Calpol before attending nursery to make them feel well enough to attend they are not permitted to attend nursery, and the following procedure will apply.
 - Before administering Calpol as pain relief we ask parents to check their child's temperature. If your child has a mild temperature (**37.5-37.9 degrees**) please advise staff at drop off.
 - If your child does not have a temperature but Calpol is being administered for pain relief, please advise staff at drop off so they can monitor the well-being of your baby/child and avoid potential overdoses of medication in the event nursery cannot successfully contact parents.
***If your child has a temperature of 38 degrees or above and Calpol is administered for the temperature and for pain relief they are not allowed in nursery, and the 48 hours exclusion policy applies.**
- With our new nursery policy in place, we will assume that all children attending have not received any Calpol before nursery. Therefore, in the event where we are unable to contact parents or next of kin to obtain verbal consent for a child with a high temperature, we will administer Calpol to reduce the risk

of febrile convulsions. Therefore, it is parent's responsibilities to be open and honest with regards to their child's well-being to avoid potential overlaps with medicine intake. We will continue to try and contact parents but in emergency cases an ambulance will be called. Please ensure the nursery have your up-to-date contact details next of kin and work telephone numbers.

- If children appear unwell during the day – for example, if they have a temperature, sickness, diarrhoea, or pains, particularly in the head or stomach – our staff will call parents and ask them to collect their child, or to send a known carer to collect their child on their behalf.
- If a child has a temperature **above 38 degrees**, a call will be made to parents to obtain verbal consent to Calpol being administered and collection is required. In the event you are unable to leave work immediately please ask a family or friend to collect on your behalf.
- The child's temperature is taken using an ear thermometer that is kept in the designated drawer in the front office.
- If a child has a temperature and a parent does not wish for Calpol to be administered collection is required within 20 minutes. If you are unable to collect within this time frame, we request consent for Calpol to be given to avoid the risk of a child overheating and having a febrile convulsion at nursery. As parents you have the right to not give Calpol however, this is advised because of the possible risk of febrile convulsions. If you choose not to give your child Calpol but they have been sent home with a high temperature our policy of 48 hours exclusion still applies.
- Before administering Calpol it is our policy that verbal consent from parents or the next of kin is obtained. Calpol is administered to reduce temperatures to minimise the risk of febrile convulsions, particularly for babies. Parents will be asked to sign the medication record when they collect their child.
- **If a child's temperature is 39 degrees or above, then Calpol is administered **before** gaining verbal consent.**
- In extreme cases of emergency, an ambulance will be called, and the parent informed.
- Due to the nature of childhood illnesses and at present, particularly Strep A there is an exclusion period for children being sent home with temperatures. Your child must stay home for a minimum of 48 hours after the last needed dose of Calpol. This is because we are childcare experts and not medically trained professionals. The NHS outlines that babies do not get a high temperature (38 and above) when teething and therefore we follow medical professional advice with regards to this. A child usually has a temperature because it is the body's natural response to fighting infections like coughs and colds or more serious illnesses that we are trying to reduce the spread of.
- Parents are advised to seek medical advice from their GP. Ridgemount Cottage Nursery will refuse admittance to children who have a temperature both low and high, sickness and diarrhoea or a contagious infection or disease as outlines by Public Health England's guidance on 'Infection Control in School and

Other Child Care Settings' for exclusion time frames. This is expected of all childcare settings and must be strictly adhered to.

- Where children have been prescribed antibiotics for an infectious illness or complaint, particularly for the first time, children must be kept at home for 48 hours before returning to the setting. This is in case of any adverse reactions. If children have received this antibiotic before regularly and this is a repeated prescription, then the parents can request reattendance through the Nursery Manager.
- After vomiting or diarrhoea, Ridgemount Cottage Nursery follow the guidance of Public Health England who specify the exclusion period is 48 hours following the last episode of sickness and or diarrhoea.
- 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 any outbreak.
- Ridgemount Cottage Nursery has a list of excludable diseases and current exclusion times. The full list is obtainable from [Managing specific infectious diseases: A to Z - GOV.UK](#) and includes common childhood illnesses such as measles.
- If your child has an infection deemed difficult to manage in a nursery setting, and which may cause other children to become unwell, management may enforce an exclusion period. These are listed on our Illness and Exclusion statement, which is available in our front office or on request.

Reporting of 'notifiable diseases'

- If a child or adult is diagnosed as suffering from a notifiable disease under the Health Protection (Notification) Regulations 2010, the GP will report this to the Health Protection Agency.
- When Ridgemount Cottage Nursery becomes aware, or are formally informed of the notifiable disease, our manager informs Ofsted and the local Health Protection Agency and acts on any advice given.
- It is both parent and staff's responsibility to inform the nursery as early as possible in order for the above procedure to be effective and minimise the risk of spreading infection to other children and staff.

HIV/AIDS/Hepatitis procedure

HIV virus, like other 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. Ridgemount Cottage Nursery:

- Wear single-use vinyl gloves and aprons when changing children's nappies, pants and clothing that are soiled with blood, urine, faeces, or vomit.
- Use protective rubber gloves for cleaning/sludging clothing after changing.
- Rinse soiled clothing and either bag it for parents to collect or launder it in the setting.
- Clear spills of blood, urine, faeces or vomit using mild disinfectant solution and mops; any cloths used are disposed of with the clinical waste.

- Clean any tables and other furniture, furnishings or toys affected by blood, urine, faeces or vomit using a disinfectant.
- Ensure that children do not share toothbrushes, which are also soaked weekly in sterilising solution.

Nits and head lice

- Nits and head lice are not an excludable condition; although in exceptional cases Ridgemount Cottage Nursery may ask a parent to keep the child away until the infestation has cleared.
- On identifying cases of head lice, Ridgemount Cottage Nursery informs all parents, asks them to treat their child and all the family if they are found to have head lice.
- Staff are not permitted to actively seek headlice on children and can only report incidents to parents if the lice are clearly visible on the child's hair or clothing.
- If staff appear to have headlice the room leader or department lead must inform the staff member so they can treat themselves and their family.

Procedures for children with allergies

- When children at the setting Ridgemount Cottage Nursery ask their parents if their child suffers from any known allergies. This is recorded on the Registration Form.
- If a child has an allergy, Ridgemount Cottage Nursery complete a risk assessment form to detail the following:
 - The allergen (i.e. the substance, material or living creature the child is allergic to such as nuts, eggs, bee stings, cats etc).
 - The nature of the allergic reactions (e.g. anaphylactic shock reaction, including rash, reddening of skin, swelling, breathing problems etc).
 - What to do in case of allergic reactions, any medication used and how it is to be used (e.g. Epipen).
 - Control measures - such as how the child can be prevented from contact with the allergen.
 - Review measures.
- This risk assessment form is kept in the child's personal file and a copy is displayed where [our staff/I] can see it.
- Generally, no nuts or nut products are used within the setting.
- Parents are made aware so that no nut or nut products are accidentally brought in, for example to a party.

Insurance requirements for children with allergies and disabilities

- If necessary, Ridgemount Cottage Nursery's insurance will include children with any disability or allergy, but certain procedures must be strictly adhered to as set out below. For children suffering life threatening

conditions or requiring invasive treatments; written confirmation from Ridgemount Cottage Nursery's insurance provider must be obtained to extend the insurance.

- At all times Ridgemount Cottage Nursery ensure that the administration of medication is compliant with the Safeguarding and Welfare Requirements of the Early Years Foundation Stage.
- Oral medication:
 - Asthma inhalers are now regarded as 'oral medication' by insurers and so documents do not need to be forwarded to Ridgemount Cottage Nursery's insurance provider. Oral medications must be prescribed by a GP or have manufacturer's instructions clearly written on them.
 - Ridgemount Cottage Nursery must be provided with clear written instructions on how to administer such medication.
 - Ridgemount Cottage Nursery adhere to all risk assessment procedures for the correct storage and administration of the medication.
 - We must have the parent's or guardian's prior written consent. This consent must be kept on file. It is not necessary to forward copy documents to our insurance provider.
- Life-saving medication and invasive treatments:

These include adrenaline injections (autoinjectors) for anaphylactic shock reactions (caused by allergies to nuts, eggs etc) or invasive treatments such as rectal administration of Diazepam (for epilepsy).

 - Ridgemount Cottage Nursery must have:
 - a letter from the child's GP/consultant stating the child's condition and what medication if any is to be administered.
 - written consent from the parent or guardian allowing our staff to administer medication; and
 - Staff are required to receive specialist training from the child's GP, District nurse, children's nurse specialist or a community paediatric nurse in order to administer these medications.
 - Copies of all three documents relating to these children must first be sent to Ridgemount Cottage Nursery Insurance for appraisal: Written confirmation that the insurance has been extended will be issued by return.
- Key person for special needs children requiring assistance with tubes to help them with everyday living e.g. breathing apparatus, to take nourishment, colostomy bags etc.:
 - Prior written consent must be obtained from the child's parent or guardian to give treatment and/or medication prescribed by the child's GP.
 - The key person must have the relevant medical training/experience, which may include receiving appropriate training from parents or guardians.
 - Copies of all letters relating to these children must first be sent to Ridgemount Cottage Nursery Insurance for appraisal. Written confirmation that the insurance has been extended will be issued by return.

- If Ridgemount Cottage Nursery Insurance is unsure about any aspect, we will contact our insurance company.

This policy was adopted by	<u>Ridgemount Cottage Nursery Ltd</u>
On	<u>March 2025</u>
Date to be reviewed	<u>March 2025</u>
Signed on behalf of the provider	<u><i>C. Humphris</i></u>
Name of signatory	<u>Caron Humpris</u>
Role of signatory (e.g. chair, director or owner)	<u>Manager</u>