

Nursery Sickness Guidelines

Enclosed is a list of the most common communicable diseases that young children experience. The list has been devised in consultation with guidelines from the Department of Health and NHS Health.

When your child enters the Nursery we will ask you to complete a medical questionnaire. Once your child has had a vaccination or if your child's medical condition changes, please let us know, so that we can keep our records up to date.

The following information has been produced as a guideline for you but if you are concerned about your child and unable to get an appointment with your G.P. please consult a Pharmacist or NHS direct.

If your child is suffering from any of the following infectious illnesses, please let a member of staff know, or contact the nursery on (01603) 773121. Once informed, we will place a notice on the front door of the nursery to ensure everyone has been notified of any communicable diseases.

1. Diarrhoea and/or Vomiting

Signs and Symptoms

As diarrhoea and vomiting is infectious, please **do not** bring your child back to Nursery until he/she has been clear of these symptoms for **48 hours**.

2. Measles

Signs and Symptoms

Early symptoms of measles may include a running nose, watery eyes, high temperature and a cough. Red spots with a white centre may also be seen on the inside of the mouth, behind the ears and on the face and limbs.

General Medical Advice

As measles is infectious until five days after the appearance of the rash, please exclude your child from Nursery until the rash has disappeared.

3. Chicken Pox

Signs and Symptoms

Children who suffer with Chicken Pox can display a wide range of symptoms, but usually they will appear fretful, suffer with a loss of appetite and have a high temperature. A rash will appear on the trunk, face or limbs, and then small blisters will form which may cause an irritation.

General Medical Advice

Please provide your child with lots of fluids to help them reduce their temperature. You may find calamine lotion soothes the irritation.

Parents Action

Chicken pox is infectious for up to five days before and not more than five days after the appearance of the last spots. To reduce the risk to others, your child must be excluded from Nursery for up to five days after the spots appear or until they are dry.

4. **Mumps**

Signs and Symptoms

Early symptoms of mumps can include swollen glands on one or both sides of the face, sore throat, and a loss of appetite. Your child may also experience difficulty in swallowing.

General Medical Advice

Mumps can be infectious for up to one week after the facial swelling appears.

Parents Action

Please exclude your child from Nursery for five days from the onset of swelling.

5. **Rubella 'German Measles'**

Signs and Symptoms

Symptoms of German measles can include any of the following:

- Slight fever sometimes accompanied by a runny nose.
- Swollen glands behind the ears and around the neck.
- Loss of appetite, Sore throat.
- Rash that starts on the face and then spreads to the body. This rash usually lasts for about 3 days.

General Medical Advice

It has an incubation period of up to 21 days. German measles is most contagious before the rash appears and then for about 5 days afterwards.

Parents Action

Please exclude your child from Nursery for 5 days after the appearance of the rash.

6. **Conjunctivitis**

Signs and Symptoms

Conjunctivitis causes the following symptoms in one or both eyes:

- soreness, itchiness, redness of the whites of the eye, watering, or discharge and / or slight sensitivity to light.

General Medical Advice

Conjunctivitis is often caused by an infection of the eye, which may be caused by a virus or bacteria. If you are concerned about your child's eyes, please take them to be seen by a GP or Pharmacist as this infection may need to have prescribed treatment.

If you need treatment for a child under the age of 2 years you will need a prescription from a GP

To relieve the irritation, you may bathe the eyes with cooled boiled water. Wipe from the centre to the outside of the eye and discard each piece of cotton-wool, it is also advisable to wash all pillowcases, face cloths and towels your child has come into contact with in hot water and detergent.

Wash hands regularly and cover mouth and nose when sneezing/coughing and dispose of tissues in bin.

Avoid sharing bedding and towels.

Avoid rubbing eyes.

Parents Action

No exclusion necessary although if the symptoms do not improve following frequent bathing, you should seek medical advice.

7. **Head-lice**

Signs and Symptoms

Head-lice are common amongst school children and can very often be passed through to nurseries. They have a lice appearance and form eggs on the hair follicles. They spread very easily and are passed from one head to another during head-to-head contact. Symptoms may include your child scratching their head and eggs appearing particularly behind the ears.

General Medical Advice

If you are at all concerned that your child might have head-lice, treatment is available from a chemist or pharmacist. It would be appreciated if you let a member of staff know if you are treating your child.

Parents Action

Please treat your child's hair appropriately before they return to nursery.

It may be advisable for you to routinely check your family's hair, as the lice like to transfer to a clean head of hair. It is also advisable to treat the whole household.

8. **Thread-worms**

Signs and Symptoms

If you note your child scratching his/her bottom, especially at night it may be due to threadworms. They are tiny, white thread-like worms that may be visible in faeces.

General Medical Advice

They are easy to treat, and medicine can be bought without prescription from a Pharmacist. It is wise to treat all the members of the household.

Parent Action

No exclusion is necessary once treatment has been started.

9. **'Fifth Disease' Parvovirus B19**

Signs and Symptoms

Fifth Disease is usually a mild illness caused by a human virus B19. It particularly affects children and typically causes a mild rash that may resemble a "slapped-cheek". The rash then spreads to the trunk, arms, and legs. As the centre of the blotches begin to clear, the rash takes on a lacy net-like appearance. Other symptoms that can occur include joint pain (arthralgia), fever and general flu-like symptoms.

General Medical Advice

Parvovirus B19 spreads easily from person to person in fluids from the nose, mouth, and throat of someone with the infection, especially through large droplets from coughs and sneezes. The incubation period (the time between infection and the onset of symptoms) for fifth disease ranges from 4 to 28 days, with the average being 16 to 17 days.

Parents Action

If your child is unwell then please exclude them from the nursery until they are well. If you're pregnant and develop a rash or if you've been exposed to someone with fifth disease (or to anyone with an unusual rash), consult your doctor or midwife for medical advice.

10. **Hand, Foot and Mouth**

Signs and Symptoms

Hand, Foot and Mouth is usually a mild illness which often starts with a feeling of being unwell for a day or so. This might include a high temperature (fever). After this a sore throat commonly occurs, quickly followed by small spots that develop inside the mouth. Blisters also often appear on palms, soles of the feet as well as in the mouth. Spots can also appear on the buttocks, legs and genitals.

General Medical Advice

The incubation period is 3-6 days. If suffering from this, children are generally unwell in themselves. Please exclude your child from Nursery if the blisters are weeping or until they are "clinically well".

Parents Action

It can be infectious if the blisters are weeping or sore. Pregnant women should be made aware so that they can consult their doctor or midwife for advice if they are not immune.

11. **Impetigo**

Signs and Symptoms

Impetigo is an infection of the skin caused by bacteria. It most commonly occurs in the skin around the nose and mouth, but it can also affect skin in other parts of the body. The spots may be clustered or merge together. The centre of each one rapidly becomes a blister,

which then bursts, oozing a typical golden fluid. Crusts form over the red spots, which may be itchy or slightly sore.

General Medical Advice

An infected person scratching the rash, and passing it on their fingers, to another person usually spreads it. Good personal hygiene is very important, particularly through hand washing after touching the rash. The affected person should use separate towels and face cloths until the rash has cleared.

Parents Action

If impetigo is suspected, you must take your child to see your doctor as the condition is infectious, and antibiotic treatment is important. In mild cases, antibiotic cream applied locally to the spots may be all that is needed, but in more severe cases antibiotic tablets or syrup must be taken. Because the condition is contagious, children with impetigo must be excluded from nursery until all the spots have crusted and dried.

12. Scabies

Signs and Symptoms

Scabies is more of a nuisance than a serious medical problem. However, it does require medical treatment. Scabies is caused by a tiny mite (half the size of a pinhead) which burrows into the surface of the skin causing visible raised lines or small red spots or blisters.

These occur particularly on the wrists, back of hands and between the fingers.

General Medical Advice

It may take between 2-6 weeks from the first infestation for the itching to start. Scabies can usually be successfully treated using special creams which need to be applied in two applications, one week apart. To prevent re-infection, it is important that all members of the household are treated at the same time.

Parents Action

Children who are infected with Scabies should not attend Nursery until at least 24 hours have passed after the first application of treatment.

13. Meningococcal Meningitis Septicaemia

Signs and Symptoms

Meningitis and Septicaemia are the inflammation of the lining covering the brain and spinal cord.

Symptoms in babies and small children include:

- Stiff body with jerky movements, or very floppy
- Irritability, or dislike of being handled
- A shrill cry or unusual moaning
- Refusal to feed
- Tense or bulging fontanelle (soft spot on head)
- Pale, blotchy skin
- Rapid breathing
- Fever/vomiting
- Drowsiness/impaired consciousness
- Severe headache, stiff neck and dislike to bright lights.

Not all the symptoms have to be present at the same time.

General Medical Advice

In most cases someone with Meningitis or Septicaemia will become seriously ill rapidly. **Trust your instincts – seek medical help immediately if you are concerned.** You may also wish to try the glass tumbler test by pressing firmly against your child's skin. If it is a Septicaemia rash, the rash will not fade, and you will be able to see the rash through the glass. If this happens get medical help immediately.

Parent Action

When a case of Meningococcal Meningitis or Septicaemia is diagnosed the Public Health Authority will make sure that all those who need antibiotics are contacted.

Pregnancy

If you think you are pregnant, please seek advice from your midwife or GP if you are concerned you have come into contact with any of the above communicable diseases.

Medicines

If your child has been prescribed antibiotics that need administering while your child is at Nursery, we require written consent in advance from parents/carers which clearly shows the date and dosage of the prescribed medicine/cream. The label must have the name of the child on it and an expiry date.

For the best interests of your child and to allow antibiotics time to begin working, your child must have been receiving the medication for 24 hours before they can return to nursery.

The administration or application of all other medicines/creams which are non-prescriptive also require written consent in advance from a parent/carer and will be administered at our discretion. The consent form indicates when the child last had the medicine/cream, and the dosage and frequency required. As the medicine/cream is non-prescribed, parents/carers will sign a disclaimer to say that they are happy for staff to administer the medicine/cream without having first sought medical opinion.

If a consent form has not been signed by parent/carer, then staff will not be able to administer medicine or apply creams.

Verbal confirmation will not be acceptable.

All medications and creams need to be in their original packaging.

Records of all medicines given while at nursery will be kept in each room and the parent/carer will be asked to sign this book at the end of their child's session.

All medicines administered will be witnessed and countersigned.

Written permission is required for emergency treatment of chronic illnesses, such as asthma, where inhalers may need to be given long-term.

If your child appears to be unwell after the medicine has been administered, you will be asked to come and collect them.

Calpol

When your child starts the Nursery, you will be asked to sign a form which gives permission for Calpol to be administered to your child. This will only be administered in order that we can reduce a temperature or treat symptoms of teething.

So that we do not put your child at risk we ask you to inform us if your child has had Calpol before they arrive at Nursery. With written consent we will administer Calpol to your child if their temperature exceeds 38°C.

If the temperature does not reduce significantly within 30 minutes of administering Calpol and implementing measures associated with reducing temperatures, such as removing layers of clothing, drinking water, and tepid sponging, if necessary, we will contact you to ask that you collect your child from Nursery.

Coughs, Cold and Flu and Respiratory Illnesses

Naturally in this kind of environment we are open to all kinds of disease and as many germs are air-borne, we do appreciate that children will pick up illnesses. If your child is unwell and would not cope with a nursery day it would be appreciated if you could keep them at home, to reduce the risk of spreading the infection to the other children and the staff. If you feel your child would not cope with certain aspects of a Nursery day, for example, outdoor play or physical activity, then they should not attend.

Summary

Your child's health is primarily your responsibility, if they are ill and need one-to-one comfort, we would prefer they stayed at home as we are unable to offer an ill child one-to-one care on an extended basis. We value the opportunity to work with you for the best interests of your child and we are happy to discuss any concerns you may have.