



# Little LODGE

0 - 4 YEARS CO-EDUCATIONAL DAY NURSERY

## Illness & Temperature Procedure

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### 1. Introduction

At Little Lodge Nursery we aim to promote the good health of children attending our setting. We follow UK Health Security Agency (UKHSA) for all exclusion periods and guidance. We also help prevent the spread of infections by following good hygiene practices, on-going food hygiene courses, and maintain a clean environment. Should a baby/child become unwell while they are at nursery, we follow this procedure

### 2. Children Should not Attend Nursery if:

- > They are too unwell to carry out their daily routine and activities at Little Lodge
- > If a child meets the criteria from the guidance on infection control in schools and other childcare settings and/or those conditions set out in this procedure

### 3. Medical Based Exclusions

If a child becomes ill at the Nursery, a senior member of staff will notify the parents. If the illness requires the child to be collected from the Nursery, he/she will be allowed to rest away from other children wherever ratios allow but within contact of an adult until collected by their carer.

It is the role of the Manager/Deputy to ensure that no child is admitted to the Nursery suffering from an illness that requires exclusion.

Symptoms and illnesses that require a child's or staff member's exclusion include the following: (NB these are taken from the most recent version of "Guidance on Infection Control in Schools and Other Childcare Settings")

- > **Diarrhoea/Sickness\***: any child who is suffering with diarrhoea and or sickness will not be allowed back into Nursery for 48 hours after the last episode.
- > **Antibiotics**: any child who has been prescribed a new antibiotic that they have not taken before will not be allowed back into Nursery for the first 24 hours after commencing treatment.
- > **Fever**: Any temperature of 101F/38C or above coupled with signs of illness.
- > **Conjunctivitis**: If a child displays symptoms of conjunctivitis/weeping eyes we will notify parents and ask them to have their child assessed. There is no official exclusion period, however if the condition is very severe causing the child distress, we will suggest that they are kept away from Nursery for at least 24 hours to allow any treatment prescribed to take some effect.
- > **Ear Infections**: A child suffering from an ear infection will not be allowed to remain at Nursery should the ear be visibly weeping.
- > **Head Lice**: Should live lice be seen in a child's hair we will contact the parents and ask them to take their child to be checked in order to obtain treatment.

- > **Impetigo:** This is a highly infectious condition and no child will be allowed at nursery whilst they have the symptoms. Children should be kept at home until lesions are crusted and healed, or 48 hours after commencing antibiotic treatment.
- > **Conjunctivitis:** This is a highly infectious condition and children who are presenting with symptoms will be carefully monitored as it affects children to varying degrees. Whilst there is no official exclusion period, if the child has a temperature of 101\*<sup>f</sup>/38\*c or above and is generally unwell in themselves, they will be sent home with a suggested period of at least 24 hours exclusion or until the child is well.
- > **Communicable diseases** (Chickenpox, measles, mumps, meningitis and hepatitis). If a child has a communicable disease confirmed by the doctor the Nursery should be informed and other parents notified. This is particularly important with regards to German measles, given the danger it can present to women during the first 3 months of pregnancy.
  - Chickenpox – until all blisters have crusted over
  - German Measles – 5 days from onset of rash
  - Mumps – 5 days after onset of swelling
  - Meningitis – until recovered and with normal temperature
  - Hepatitis B & C – no exclusion period, until recovered
  - Hepatitis A – Until 5 days after onset of jaundice or symptoms

**Coronavirus (COVID-19):** Should any child or member of staff display symptoms of Coronavirus and subsequently test positive for the virus; we will follow the most up to date UKHSA guidance for COVID-19. Parents will also be required to follow these guidelines. In particular we refer parents to the sections relating to travel from infected countries and isolation procedures. For further information please see <https://www.gov.uk/coronavirus>.

As always, we adopt the highest possible standards of hygiene, including thorough handwashing at all times, to limit the risk of cross infection.

\*If a child has a medical need that means they may have diarrhoea/sickness more regularly than other children but not have an illness (for example, they are coeliac) the Nursery Manager must be provided evidence of the formal diagnosis from a medical professional in order to amend this policy in light of this. Without formal documentation, the Nursery Manager must follow this policy and children must stay away from the setting for a minimum of 48 hours.

#### 4. Child with a suspected temperature

The normal temperature for babies and children is around 36.4C, but this can vary slightly from child to child.

A fever is a high temperature of 38C or more.

If you suspect a child has a temperature you MUST follow the guidance below:

- > Check the child's temperature using the ear thermometer. If the child has a high fever (38.0-38.9 degrees Celsius) and is not unwell, make the child comfortable and monitor the child's temperature for half an hour (see below actions)
- > Check for any other signs of illness including a rash
- > Give them plenty of fluids
- > Look out for signs of dehydration
- > Give them food if they want it

**If child has a temperature of 38.0+ degrees Celsius or above staff will inform a senior**

### **practitioner or the manager.**

- > If child has HIGH FEVER (38+ degrees Celsius) verbal permission must be sought from parent to give Paracetamol IMMEDIATELY to lower temperature and parents MUST come and collect the child immediately
- > Parents should be contacted by telephone to be informed if the temperature cannot be controlled naturally. Parents should be asked what actions they would like us to take (Paracetamol can be given if parents would like us to do so)
- > If paracetamol is given, the temperature must be monitored for 45 minutes immediately after. This must be recorded on an Unwell Child form. If the temperature comes down below 37.9 degrees Celsius then the child should be monitored closely for the rest of the session.
- > If the temperature DOES NOT come down below 37.9 degrees Celsius then the parent will be informed and the child MUST be collected.
- > The child will then be made comfortable until the parents arrive.
- > Parents should be advised to seek medical attention for temperatures over 40 degrees Celsius or for a temperature lasting longer than 3 days.

**IF THE PARENTS ARE UNOBTAINABLE AND THE CHILD'S TEMPERATURE CONTINUES TO RISE, THE MANAGER SHOULD BE INFORMED AND EMERGENCY MEDICAL ASSISTANCE SHOULD BE SOUGHT.**

### **5. Medications**

- > All medication must have written consent by a parent/ carer upon arrival
- > During registration at Little Lodge, parents sign to give consent for emergency paracetamol to be administered in the case of an emergency. Parents will always be contacted by telephone prior to this administration of medication
- > Paracetamol, Ibuprofen and teething gels can be administered with written consent, these must be provided in sachet form only.
- > Paracetamol and Ibuprofen cannot be administered together without written consent from a doctor.
- > Nappy ointments and creams can be applied with written consent.
- > Prescription medicines will not be administered unless a doctor, dentist, nurse or pharmacist has prescribed them for a child-the prescription label must still be attached. (Medicines containing aspirin should only be given if prescribed by a doctor and with written consent.
- > We will only follow the prescription or manufacturers guidelines when administering the dosage of medication.
- > All medications will be stored in our locked medicine cupboard. When required medication when required will be stored in a fridge.
- > All medication must be clearly labelled with the child's full name.
- > Additional training will be provided by a qualified health professional when required.

### **6. Key Information:**

- > Children should not be undressed or sponged down to cool them – fever is a natural and healthy response to infection
- > Children should not be covered up in too many clothes or bedclothes

- > Do not give aspirin to under 16s unless prescribed by the doctor
- > Do not combine ibuprofen and paracetamol, unless a GP tells you to
- > Do not give paracetamol to a child under 2 months
- > Do not give ibuprofen to a child under 3 months or under 5kg
- > Do not give ibuprofen to children with asthma
- > Further help or advice will be sought from 111 or 999 when required

## **7. Exceptions on medical grounds**

- > Where, for medical reasons, a child may present with things such as regular diarrhoea, the Nursery Manager can make reasonable adjustment to this policy to take that into account.
- > For this to be the case, the Nursery Manager will require;
  - A letter from a suitably qualified professional outlining the condition and how this can present. For example, a child with coeliac disease is likely to have regular diarrhoea without being unwell and should therefore not be sent home from Nursery. A GP will provide a diagnosis and this can be given to the Nursery.
- > In almost all occasions, a high temperature will require children to be sent home.