



# Child and Staff Illnesses

## Version Control

Version	Nature of Update	Author	Date
1.0	Original Issue	Penelope White	13/06/2021
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### Child Illnesses and Infectious Diseases

The Phoenix Kindergarten follows the advice and guidelines from the Health Protection Agency, as well as any seasonal NHS advice.

Parents/carers are discouraged from bringing in their children to the Kindergarten if they are unwell. Children need stamina to participate in Kindergarten life and we aim to keep the environment as free from infection as possible.

Parents/carers must inform staff if they suspect an infectious disease. If there has been suspected contact with any infectious disease at Kindergarten, all attending children's parents/carers will be informed, so that they can be aware of emerging symptoms and/or take any necessary precautions.

### Medication and Sickness

Some of the childhood illnesses specified are chicken pox, conjunctivitis, cryptosporidiosis, dysentery, gastroenteritis, giardiasis, glandular fever, hand, foot and mouth disease,

hepatitis, HIV, meningitis, measles, mumps, streptococcal infections, tuberculosis, whooping cough as well as skin conditions such as head lice, impetigo, ringworm, scabies and verrucae are also listed.

We understand that from time-to-time unexplained rashes may appear which may accompany temperatures as well as those which do not appear to have any other symptoms, may happen with young children. The Kindergarten staff are not medically trained and therefore should your child develop a rash we may ask that parents make an appointment to see their doctor to seek an expert opinion as soon as possible.

Should your doctor advise you that the rash is not serious and it cannot be passed on to other children or adults and that your child is fit and well enough to return to Kindergarten, we will require written proof from your doctor.

This letter must be clearly dated and the name and address of your doctor included.

If the Kindergarten staff are at all worried that your child's rash may be more serious, or if one or more of the symptoms of meningitis are present, an ambulance will be called immediately. We will make every effort to contact you and a member of staff will accompany your child to the local hospital.

Should your child develop a temperature whilst at Kindergarten, we will do our very best to contact you and advise you of your child's condition and how they have been throughout the day so far. If there has been little or no improvement, you will be asked to come to collect them.

### **Conjunctivitis**

Should the Kindergarten staff suspect your child has contracted conjunctivitis, you will be asked to collect your child as soon as possible and to get appropriate medication. Your child will not be accepted back into Kindergarten without a parent taking measures to treat the condition. Conjunctivitis is extremely contagious and if the spread within a room is evident, it may be necessary to exclude all affected children until they fully recover.

As with any medication for illness, all children are excluded from Kindergarten for the first 24 hours of a course of treatment.

### **Sickness and diarrhea**

If your child has contracted sickness or diarrhea, they will be immediately excluded until they are fully well. Tummy bugs are highly contagious and can be very dangerous if the spread of infection affects the Kindergarten room. Children are not permitted back into Kindergarten until a clear 48 hours after their last loose bowel movement or after sickness. This is non-negotiable.

### **Sickness and medical requirements**

The Manager is not allowed to admit onto the premises any child who appears to be suffering from an infectious or contagious illness or disease. Any child who has a sore throat, discharge from the eyes or nose, sickness, diarrhea or any contagious/infectious illness should be kept at home until a doctor has certified, in writing, that the child is fully recovered or 48 hours have elapsed since the last outbreak. Please do not bring children who are unwell into the Kindergarten as they will be sent home upon arrival.

Parents/carers are required to inform the Kindergarten where they can be reached in the event of an accident or sudden illness. However, since it may sometimes be impossible to find a parent/carer in emergency, parents/carers are required to provide the Kindergarten Teacher with signed permission for them to act in their absence.

Please inform us as soon as possible if your child will be absent for a period of time due to illness.

Local Authority regulations state that parents/carers are required to give the following information to the Kindergarten Teacher: name, address and date of birth of each child; name, home address and place of work with respective telephone numbers of the parents/carers of each child (we ask that a copy of the parent/carers current timetable should be left with the Kindergarten Teacher to ensure that contact can be made in an emergency); name, address and telephone number of each child's doctor.

If there has been a diagnosis of a notifiable disease, the administrator will inform the Health Protection Agency.

Anyone suffering from diarrhea or vomiting must stay away from kindergarten for 48 hours after the symptoms have ceased. Parents/carers and staff are advised their child should stay away if another member of the family, or people they live with, have suffered these symptoms.

In the event of head lice or nits, all parents/carers will be informed immediately and requested to check every member of their family and treat as necessary. Long hair must be tied back or covered at Kindergarten. Treatment must be repeated according to the product's instructions, so that the lice life cycle isn't repeated. Regular checking is advised as good practice.

If a child becomes unwell whilst at Kindergarten, the manager will decide the severity and if the parent/carer needs to be informed prior to pick up time, and whether arrangements need to be made to pick them up early.

### **Staff illnesses**

Staff are required to inform the Kindergarten office as soon as they realise that they are unable to work because of illness, so that other arrangements can be made to cover their post appropriately.

Staff who consider that they are ill with any illness that may be infectious, have a high temperature, any sort of rash, should not come into work. It is essential that staff consider any possible effects on children and other staff.

Any member of staff suffering with diarrhea, winter vomiting disease, or any other symptoms, which may be infectious, it is requested that they do not return until 48 hours after the symptoms have ceased.

Employees can take time off work if they're ill. They need to give their employer proof if they're ill for more than 7 days. If they're ill just before or during their holiday, they can take it as sick leave instead.

Employees must give their employer a doctor's 'fit note' (sometimes called a 'sick note') if they've been ill for more than 7 days in a row and have taken sick leave. This includes non-working days, such as weekends and bank holidays.

If employees are self-isolating and cannot work because of coronavirus (COVID-19) they can get an ['isolation note' online from NHS 111](#). They do not have to go to their GP or a hospital.

If they are off work with any other illness, they can get a fit note from a GP or hospital doctor. If their employer agrees, a similar document can be provided by a physiotherapist, podiatrist or occupational therapist instead. This is called an Allied Health Professional (AHP) Health and Work Report.

### **Self-Certification**

If employees are off work for 7 days or less, they do not need to give their employer a fit note or other proof of sickness from a medical professional.

When they return to work, their employer can ask them to confirm they've been off sick. This is called 'self-certification'. The employer and employee will agree on how the employee should do this. They might need to fill in a form or send details of their sick leave by email.



See below NHS guidelines which the Kindergarten follows in the case of illness.

Illness	Signs and Symptoms	Exclusion	Treatment
Chicken pox- Varicella Incubation: 2-3 weeks	Red/pink spots turn to blister. Fever. Abdominal pain, sore throat and headache. Overall unwell	5 days from onset of rash	Paracetamol for fever Calamine lotion and cooling gel (Aloe Vera for example) to ease itching
German Measles Incubation: 2-3 weeks	Rashes and red/pink tiny spots which are not itchy	6 days from onset of rash	Paracetamol for fever Children to be kept away from pregnant women
Measles Incubation: 10-14 days	Tiny grey spots in mouth and throat Cold and cough with sore throat, watery eyes and fever After few days, blotchy red, raised rashes behind the ears and spreads to the face, neck and rest of the body. Overall unwell Sensitivity to light	4 days from onset of rash	Paracetamol for fever Children rest in darker room Plenty of fluids
Hand, foot and mouth Incubation: 3-5 days	High fever Coughs Mouth ulcer Loss of appetite Sore throat	None	Plenty of fluids Eating soft foods
Impetigo bullous Incubation: 4-10 days	Fluid-filled blisters appear on chest Blisters spread, not painful or itchy	Until lesions are dried and healed or after 48 hours of commencing antibiotics	Antibiotic cream or tablets

Impetigo non bullous	Red sore around nose and mouth Sore burst laving yellow brown crusts	None	
Ear infection	Fever Overall unwell Pulling or rubbing ear	None	Antibiotic if necessary
Influenza	Sudden onset Fever-Chills Headache Overall very unwell Aching muscles Dry chesty cough	Until recovered	Paracetamol for fever-chills Plenty of fluids Rest
Common cold	Some fever Sneezing, runny nose	None	Paracetamol if fever Plenty of fluids
Scarlet fever Incubation: 2-5 days	Sore throat Rash red blotches turning into reddish pink rash like sand paper	24 hours after start of antibiotics 2 to 3 weeks if no antibiotics given after the first set of rashes	Antibiotics Paracetamol for fever
Whooping cough Incubation: 6-20 days	Cold like at first Overall very unwell Some fever-chills Later symptoms: bouts of cough with thick phlegm Vomiting with coughing. Tiredness and exhaustion as the result of coughing Breathing difficulty, whooping noise after coughing	5 days from start of antibiotic treatment or 21 days from onset of illness	Antibiotics

Diarrhoea Vomiting	Diarrhoea and vomiting Food poisoning	48 hours from last episode of vomiting or diarrhoea	Plenty of fluids, no juice or sodas Starchy foods Seek medical advice if vomiting continues, if there is blood in stool and diarrhoea continues after 7 days
Tonsillitis	Sore throat White pus filled spots on tonsils High fever Headache	None	Paracetamol for fever Soft foods and fluids
Scabies	Tiny rash caused by the parasite Very itchy Might develop into blisters	None	Insecticidal cream Family members treatment
Meningitis bacterial and viral	This is a very serious disease Early: Severe headache Fever Cold hands and feet-shivering Later symptoms Nausea-vomiting Drowsiness and unresponsiveness Unusual crying Rapid breathing Purple rash that does not fade under pressure High fever Unable to tolerate bright light Blotchy red rash which does not fade	Bacterial: until recovered Viral: none	Antibiotics Paracetamol for fever Hospitalisation with bacterial with antibiotics Anti-viral drugs with possible hospitalisation
Mumps	Headache Mumps Swelling Joint ache Fever Followed by swelling of glands	5 days from onset	Plenty of fluids Paracetamol for fever Soft foods if needed



Corona Virus	<ul style="list-style-type: none"> <li>• a high temperature</li> <li>• a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours</li> <li>• a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal</li> </ul>	12 days self isolation	<ol style="list-style-type: none"> <li>1. Get a test to check if they have coronavirus as soon as possible.</li> <li>2. You, your child and anyone else you live with should stay at home and not have visitors until you get the test result – only leave your home to have the test.</li> <li>3. Anyone in your support bubble should also stay at home if your child has been in close contact with them since their symptoms started or during the 48 hours before they started.</li> </ol> <p>Get advice from NHS 111 if you're worried about your child or not sure what to do.</p> <ul style="list-style-type: none"> <li>• For children aged 5 or over – use the <a href="#">NHS 111 online coronavirus service</a>.</li> <li>• For children under 5 – call 111.</li> </ul>

## References

Health and safety: advice for schools <https://www.gov.uk/government/publications/health-and-safety-advice-for-schools>

*Taking sick leave*

<https://www.gov.uk/taking-sick-leave>

*Part of Coronavirus (COVID-19)*

*Education and childcare*

<https://www.gov.uk/coronavirus/education-and-childcare?priority-taxonomy=774cee22-d896-44c1-a611-e3109cce8eae>

*Actions for early years and childcare providers during the coronavirus (COVID-19) outbreak*

<https://www.gov.uk/government/publications/coronavirus-covid-19-early-years-and-childcare-closures/coronavirus-covid-19-early-years-and-childcare-closures#infection-prevention-and-system-of-controls>