

Health, Hygiene and Sickness

At Raised In the welfare of the children is paramount and our main concern.

Children attending nursery are at high risk from the spread of infection because of the close contact with other children and also between the children and the team.

Educators will endeavour to minimise the spread of infection to the children and the team by following the setting's Health, Hygiene and Sickness Policy and by monitoring the signs and symptoms of communicable diseases such as chicken pox, measles, slap cheek, meningitis, impetigo, conjunctivitis, diarrhoea, sickness/vomiting, head lice, threadworm, and fevers of 101 degrees Fahrenheit/38 degrees centigrade or over.

We plan to achieve this by:

- Having exclusion periods in place to minimise the spread of infection. Any child suffering from communicable diseases such as chicken pox, conjunctivitis, or fevers of 101F/38C or over, should adhere to the exclusion period.
- Ensuring that children suffering from sickness or diarrhoea do not attend nursery until 48 hours after the illness has elapsed.
- If a child develops diarrhoea whilst at nursery, it is down to the Nursery Manager's discretion if they feel the child needs to be sent home.
- Ensuring that children who have had fevers of 101F/38C have a 24-hour exclusion period from the last temperature (without fever-reducing medicine).
- Ensuring parents/ carers are notified of any cases of communicable or infectious diseases that have been reported to the nursery.
- Following all health and safety procedures.

Working in partnership with

A child attending nursery needs to be well enough to cope with the busy activity of their nursery day. Parents/carers should respect that the nursery is not able to offer a one-to-one ratio for unwell children. Should your child be unwell or sick before the start of the nursery session, we kindly ask you not to bring your child to the nursery and contact the nursery so we can record the absence which enables us to monitor illness and infection.

If any team members believe that a child is not well enough to cope with the session or if they are thought to have or are showing symptoms of having an illness, infection or

disease, then the child's key person will make every effort to contact the parent/carer so that the child can be collected from nursery as soon as possible. We expect you to respect our judgement and collect your child if requested to do so. If your child is unwell and you are unable to collect, you will need to contact a designated adult or emergency contact to collect your child as soon as possible.

In the case of a serious illness occurring, the parent/carer will be contacted immediately along with a medical professional and appropriate action will be taken. In the unlikely event of the parent/carer not being available an ambulance will be called and a senior member of the team will assume charge and will accompany the child with all the relevant data.

If your child has an accident before coming into the nursery, please let us know prior to or on arrival. Bruising or complications from accidents can appear sometime after the accident has happened. If we are aware your child has had an accident or injury, we will be able to monitor them appropriately.

Exclusion periods

To prevent the spread of communicable/infectious diseases, Raised In expects all parents/carers to respect and adhere to the exclusion periods and to ensure that treatment is sought and administered. We also follow advice from the Health Protection Agency Infection Control. Exclusion periods exist to protect all children and the team from infectious illness. Even if a child's illness is not infectious there are other risks, such as adverse reactions to new medicines, that we have considered when determining the following exclusion periods:

If a child has had a temperature – a 24-hour exclusion period from the last temperature (without fever-reducing medicine).

If a child has taken any medicine (such as Calpol) – 24-hour exclusion period from the last dose of medicine. This is at the discretion of the Nursery Manager, the Nursery Manager decision is final and non-negotiable.

If a child has taken an Antihistamine – children can attend nursery if they have been given Antihistamine such as Pirton, as long as the child is well. If symptoms become worse during their nursery session the parent/carer will be asked to collect them.

If a child is prescribed medicine for the first time – 24hr exclusion period from the first dose.

If a child is on antibiotics – 24-hour exclusion period after the first dose, which needs to be prescribed by a doctor with a pharmacy label. This is at the discretion of the Nursery Manager; the Nursery Manager's decision is final and non-negotiable.

Nits and headlice – Nits and headlice are not excludable condition, we do ask for your child to be kept away from the nursery until the infestation has cleared. We will inform parents/carers of cases of headlice and will inform all parents/carers to treat their children and family if they are found to have headlice.

Coughs, colds, and flu – coughs and colds do not normally require an exclusion period, but this depends on the severity of the illness and how the child is able to cope with the nursery day. The child should have a normal temperature and feel fit and healthy.

Conjunctivitis – There is no official exclusion period for conjunctivitis, however, this can be uncomfortable for your child and to reduce cross infection, we ask that to attend nursery as normal, treatment should have commenced and/or eyes should not have discharge from them. Admittance to the nursery is at the Nursery Manager's discretion.

Covid-19 – if your child tests positive for Covid-19, they should stay at home and avoid contact with other people for 3 days after the day of the positive test if they can.

Vaccinations – if your child had their childhood vaccination for example MMR, chicken pox, or nasal flu children are not permitted to return to their nursery session on the same day.

Teething – if your child is teething and is causing them pain, teething crystals and gels will be given to your child at nursery. If your child has taken pain medication such as Calpol, there is a 24-hour exclusion period from the dose of medicine. This is at the discretion of the Nursery Manager; the Nursery Manager's decision is final and non-negotiable. The NHS states that 'they may have a mild temperature of less than 38C' as a symptom of teething.

[NHS: Baby Teething Symptoms](#)

Rashes – All rashes should be checked by a medical professional such as a pharmacist/doctor. If the rash is not contiguous, they're allowed to return to their nursery session at the discretion of the manager, the Nursery Manager's decision is final and non-negotiable.

Please see the Department of Health exclusion period [here](#)

Recording absences

When a child or a team member does not attend nursery, reasons are to be requested. Team members and children who have been absent due to infection, illness or disease must seek clearance from a senior member of the team who will use records and the exclusion periods as guidance before return is granted.

Vaccinations

At Raised In we maintain a record of the children's vaccinations as part of the induction process. This information enables Educators to be vigilant and act quickly to remove a child who has not been vaccinated to a safe place within the nursery initially as they would be vulnerable to the outbreak of an infectious disease.

Health Protection Agency

If more than three team members and/or children are found to have symptoms of the same illness, sickness or disease then the Health Protection Agency will be contacted immediately so that further control measures can be introduced.

To contact the Health Protection Agency, dial 0300 303 8162, select option 1 then option 2.

Hygiene

At Raised In we endeavour to uphold high standards of hygiene within the nursery at all times. Children and the team will thoroughly wash and dry their hands fully before any mealtimes and before and after using the toilet. Children will be told how to clean their hands effectively. Younger children will be supported to do this. Children will use soap and warm water and will use paper towels to dry their hands fully.

Cleaning

We have effective cleaning strategies in place to support high standards of hygiene within the nursery, from daily cleaning tasks such as hovering or regular cleaning of resources and furnishings. Children's toys will be cleaned and sterilised and appropriate cleaning products will be used to ensure that the setting is cleaned effectively. If there is a high number of illnesses within the nursery, extra cleaning of the toys will be carried out.

Signed: Nicola Brimble, Head of Nursery

Date: 01 December 2023

Review Date: December 2024

This policy links to: Accident and Emergency Policy, Health & Safety Policy, Medication Policy and Safeguarding & Child Protection Policy