

Health & Illness Policy



Policy

We aim to promote good health including oral health of children attending the setting in line with National Health Service (NHS) guidance.

Sunflower Children's Centre follows the Public Health England (PHE) guidance on infection control and seeks advice from them if necessary. Any notifiable illness will be reported to the PHE and Ofsted where required.

This policy is to be used in conjunction with the Medication Policy.

Procedure

- If children appear unwell during the day, the nursery will work with parents and will take necessary steps to prevent the spread of infection.
- If a child becomes ill during the nursery day, their parent(s) will be contacted and asked to collect their child up as soon as possible. During this time the child will be cared for in a quiet, calm area with their Key Person. The Key Person must wear appropriate PPE.
- Should a child have an infectious disease, such as sickness and diarrhoea, (for any other infectious diseases, please refer to exclusion period notices) they should not return to nursery until they have been clear for at least 48 hours.
- If a contagious infection is identified in the nursery, parents will be informed to enable them to spot the early signs of this illness. All equipment and resources that may have come into contact with a contagious child will be cleaned and sterilised thoroughly to reduce the spread of infection.
- The setting will respond by using the NHS guidance specific to the symptoms displayed.
- Parents are advised to seek medical advice before returning children to the setting
- It is important that children are not subjected to the rigours of the nursery day, which requires socialising with other children and being part of a group setting, when they have first become ill and require a course of antibiotics. Our policy, therefore, is to exclude children on antibiotics for the first 24 hours of the course. This is applicable in all cases even where no exclusion period is stated on the table below.
- In extreme cases of emergency, an ambulance is called, and the parent informed.
- It is at the Nursery Manager's discretion whether or not to allow a child into nursery if they are showing signs of illness, even if there is no exclusion period or if this is after any exclusion period has passed or if a doctor has stated that they are not infectious. The Nursery Manager will need to take into account the demeanour of the child and whether they are well enough to participate in nursery activities.
- The setting must be informed if a child has a contagious disease/illness in order to prevent the illness spreading. Such information will be treated sensitively and in a confidential manner. The list of excludable diseases and current exclusion times can be found: <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities> and includes common childhood illnesses.
- The child's temperature is taken using a digital ear thermometer by following the manufacturers guidance.
- In line with the NHS Guidance a normal temperature in babies and children is about 36.4C, but this can vary slightly from child to child. A high temperature is 38C. <https://www.nhs.uk/conditions/fever-in-children/>

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- Some activities, such as sand and water play, and self-serve snacks where there is a contagious illness pose a risk of cross-contamination and may be suspended for the duration of any outbreak.
- If the sickness is severe, call for an ambulance immediately. **Do not** attempt to transport the sick child in your own vehicle.
- Whilst waiting for the ambulance, contact the parent(s) and arrange to meet them at the hospital.
- A member of staff must accompany the child and collect together registration forms, relevant medication sheets, care plans, risk assessments, medication and the child's comforter.

Hygiene precautions for dealing with body fluids are the same for all children and adults we:

- Wear single-use vinyl gloves and aprons when changing children's nappies and clothing that are soiled with blood, saliva, urine, faeces or vomit.
- Soiled items are put in a bag for parents to take home.
- Clear spills of blood, saliva, urine, faeces or vomit using disinfectant solution. Any cloths used are disposed of with the clinical waste.

It is recognised that promoting oral health in early years is essential to protecting young teeth and establishing good habits in good dental health. Examples of promoting good oral health at our settings may include:

- Educating children with a range of activities about good oral health.
- Share oral health messages with parents & carers.
- ensuring that our menus are suitable to promote good oral health.
- promoting a partnership with local dentists and their services.

Immunisations

Our nursery has a duty of care to ensure that all children, families, and educators are provided with a high level of protection during whilst attending our setting. This includes notifying children, families, and staff when an excludable illness or disease is present within the nursery; maintaining a record of children's immunisation status; complying to relevant health department exclusion guidelines; and Increasing staff awareness of cross infection through physical contact with others.

Where possible we will keep an up-to-date record of children's immunisation status. Some children under our care may be at a higher risk of exposure to infectious diseases due to contact with more children and adults than children at home. Keeping a current record of all children's immunisation status helps us to quickly identify which parents/carers need to be informed if there is an outbreak of a specific disease.

We will work with Parents and carers to provide support regarding immunisations and further information can be found <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Further guidance

- Dental Health Care- NHS <https://www.dentalhealthcare.nhs.uk/downloads/category/early-years/>
- Live Well- NHS <https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/>

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- Infectious illnesses in children- NHS <https://www.nhs.uk/conditions/baby/health/infectious-illnesses-in-children/>
- Health Protection in schools and other childcare facilities <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>
- Coronavirus Covid 19 Early Years and Childcare <https://www.gov.uk/government/publications/coronavirus-covid-19-early-years-and-childcare-closures#history>
- NHS vaccinations and when to have them- NHS <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Linked Policies

Medication Policy