

# **Sickness Policy**

# Sickness Policy

Little Lancing has an obligation to promote the health and hygiene of all children, parent/carers and staff and to minimise the risk of infection. If a child becomes unwell or has an illness or infection parent/carers will be asked to collect the child from nursery. Children should remain at home until they are well enough to return or until the exclusion period for illness/communicable disease has passed. Young children under the age of 5 years old are particularly vulnerable.

On suspecting that a child is ill, our first action is first aid followed by contacting the parents as soon as possible.

Minimum exclusion periods for the common childhood illnesses are as follows:

Diarrhoea and Sickness	48 hours after symptoms of vomiting and/or diarrhoea have stopped.
Giardia Cryptosporidiosis	As above. Exclusion from swimming is advisable for two weeks after diarrhoea has settled.
Chicken pox	Exclusion is until the last blister has scabbed over. Can affect pregnancy if the woman has not already had the infection. Report exposure to GP/Midwife.
Shingles	No exclusion providing they feel well enough and the rash can be kept covered by clothing and is not weeping fluid. Pregnant women and people with weak immune systems should avoid contact and if concerned they have not had chickenpox seek advice from a health care professional.
Measles & German Measles (Rubella)	<b>NOTIFIABLE.</b> 4 days after the onset of the rash for measles and 5 days for German measles (rubella). Please respect this exclusion because of the likelihood of contact with women in early pregnancy whose babies are very much at risk.
Glandular Fever	No exclusion, but may continue to feel tired and unwell for weeks.
Mumps	<b>NOTIFIABLE.</b> 5 days after the onset of swelling. Siblings can attend as normal.
Scarlet fever	<b>NOTIFIABLE.</b> 24 hours after starting appropriate antibiotics.
Streptococcal	24 hours after starting appropriate antibiotics and when clinically well.
Conjunctivitis (pink eye)	No exclusion unless symptoms are particularly severe and causing distress. PHE notified if there are a number of cases on site parents may be requested to not bring in their child until the infection has cleared up. Drops provided by pharmacist rather than GP are acceptable just for this condition.
Molluscum contagiosum	No exclusion, self-limiting condition
Ringworm	No exclusion usually, however treatment is required and it is important the rest of the family/close contacts are checked.

Scabies	Exclusion for 24 hours after the first application of treatment has been completed. Everyone in the household is to be treated, regardless of symptoms.
Whooping cough	<b>NOTIFIABLE.</b> Exclusion is 48 hours from starting antibiotic treatment or 3 weeks after the coughing bouts started (whichever is sooner).
Impetigo/Erysipelas	Until lesions are crusted or healed or 48 hours after starting treatment. Those in contact with sufferers do not need to be excluded.
Verrucae	No exclusion, sufferer should keep feet covered.
Head/body lice	Treatment is recommended in cases where live lice have been seen. Severe or repeat cases may result in exclusion at the discretion of the nursery manager.
Cold sores	No exclusion, avoid kissing and contact with the sore.
Hand, foot, mouth	Exclusion whilst child is unwell.
Common Cold	Only if feverish or feeling unwell.
Croup	Until well enough to return.
Influenza/other pandemic illnesses	Exclusion until recovered from symptoms – headache, muscle aches, severe tiredness sore throat and cough as still contagious. Little Lancing, as part of Lancing College, will always follow the advice of Public Health England and the Chief Medical Officer in the case of illnesses such as Coronavirus, and advise parents accordingly.
Thrush	No exclusion. Ensure that the child is treated for their own comfort.
Threadworms	No exclusion usually, however, treatment is needed and it is important the rest of the family/close contacts are checked.
Tonsillitis	Child to remain at home until well enough to return.
Meningococcal meningitis/septicaemia	<b>NOTIFIABLE</b> – Exclusion until recovered, preventable by vaccination. No exclusion for close contacts.
Meningitis due to other bacteria	As above.
Meningitis viral	<b>NOTIFIABLE</b> No exclusion (milder illness).
Bronchitis	No exclusion once child is well enough to return.
Bronchiolitis	No exclusion once child is well enough to return.
Tuberculosis (TB)	<b>NOTIFIABLE.</b> Exclusion depends on medical advice. Requires prolonged close contact.
Viruses, parvovirus (slapped cheek syndrome or fifth disease)	Exclusion whilst unwell. Pregnant women and people with weak immune systems should seek advice from a healthcare professional.

If your child has any lifesaving emergency prescriptions eg inhaler, auto injector (Epipen) they **MUST** be brought in whenever the child attends and parents must ensure that staff are fully briefed (trained by medical professionals as necessary) in order to care for your children.

Immunisations are available for some infections for children and adults. The NHS website [www.nhs.uk](http://www.nhs.uk) provides the latest information of the national immunisation schedule.

In the case that there are multiple instances of any of the above-mentioned illnesses, the Nursery Manager may require parents of affected children to observe a period of exclusion to prevent further spread and/or re-infection of their own child. Our staff will liaise closely with their manager and parents should they or the child(ren) in their care become unwell.

### **NOTIFIABLE DISEASES**

Should your child be clinically diagnosed as having a notifiable disease, the diagnosing doctor has a statutory requirement to report suspected/confirmed notifiable conditions to the relevant persons (usually a consultant in communicable diseases control) and/or the local Health Protection Unit (HPU). Parents must also inform the nursery manager or the deputy nursery manager as soon as possible as it is a statutory requirement that we also report notifiable diseases to OFSTED as soon as reasonably practicable and within 14 days of the occurrence. We also notify Public Health England (PHE) in order to seek guidance for any additional control measures to be implemented at Little Lancing. We will also inform Kirsty Keep, who has oversight of the nursery for Lancing College, and the directors of Lancing College Enterprises Limited, who are registered with OFSTED for Little Lancing.

. Confidential records of all notifiable conditions that have been reported are recorded for analysis purposes.

Information required for reporting includes (but is not limited to):

- Full name of all affected persons
- Date of Birth
- Home Address
- GP's name and surgery address
- Whether a sample has been provided (depending on infection)
- Details of symptoms being experienced, dates when symptoms started/finished and when they were well enough to return to the site
- The Unit that they are based in/had been working in when the symptoms started
- Control measures being taken to minimise spread of infection eg deep cleaning
- Any other information that may be relevant eg did others eat the same lunch or go to a particular location/venue on a trip?

**Please see overleaf for useful contacts**

## USEFUL CONTACTS

### **Surrey and Sussex HPT (South East),**

Public Health England, County Hall North, Chart Way, Horsham, West Sussex RH12 1XA

Email: ICC.SurreySussex@phe.gov.uk Telephone: 0344 225 3861 (option 1 to 4 depending on area)

[SE.AcuteResponse@ukhsa.gov.uk](mailto:SE.AcuteResponse@ukhsa.gov.uk)) Non covid related

**Public Health England** online

<https://www.gov.uk/government/organisations/public-health-england>

Parents may also find it useful to read the government guidance on Health Protection in schools and other childcare facilities, which is available here:

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

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