

1.5.1 Sickness and Illness Policy

EYFS: 3.44, 3.45, 3.46

At **Aplomb Day Nursery and Preschool** we promote the good health of all children attending. To help keep children healthy and minimise infection, we do not expect children to attend nursery if they are unwell. If a child is unwell it is in their best interest to be in a home environment with adults they know well rather than at nursery with their peers.

Our procedures

In order to take appropriate action of children who become ill and to minimise the spread of infection we implement the following procedures:

- If a child becomes ill during the nursery day, we contact their parent(s) and ask them to pick up their child as soon as possible. During this time we care for the child in a quiet, calm area with their key person, wherever possible
- We follow the guidance published by Public Health England (Health Protection in Schools and other childcare facilities) and advice from our local health protection unit on exclusion times for specific illnesses, e.g. sickness and diarrhoea, measles and chicken pox, to protect other children in the nursery¹
- The UK Health Security Agency (UKHSA, formerly Public Health England), defines an outbreak or incident as: an incident in which 2 or more people experiencing a similar illness are linked in time or place, or a greater than expected rate of infection compared with the usual background rate for the place and time where the outbreak has occurred.
- **Managers should contact their local health protection team** as soon as they suspect an outbreak to discuss the situation and agree if any actions are needed: UKHSA North East and North Central London Health Protection Team, Phone: 020 3837 7084 (option 0, then option 2)
- **Ofsted will be notified** of instances of a notifiable disease affecting three or more children at the provision. The list of notifiable diseases is shown below²:

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| - Acute encephalitis | - Infectious bloody diarrhoea | - Severe Acute Respiratory Syndrome (SARS) |
| - Acute infectious hepatitis | - Invasive group A streptococcal disease | - Scarlet fever |
| - Acute meningitis | - Legionnaires' disease | - Smallpox |
| - Acute poliomyelitis | - Leprosy | - Tetanus |
| - Anthrax | - Malaria | - Tuberculosis |
| - Botulism | - Measles | - Typhus |
| - Brucellosis | - Meningococcal septicaemia | - Viral haemorrhagic fever (VHF) |
| - Cholera | - Mumps | - Whooping cough |
| - COVID-19 | - Plague | - Yellow fever |
| - Diphtheria | - Rabies | - <i>Report other diseases that may present significant risk to human health under the category 'other significant disease'.</i> |
| - Enteric fever (typhoid or paratyphoid fever) | - Rubella | |
| - Food poisoning | | |
| - Haemolytic uraemic syndrome (HUS) | | |

¹ <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

⁵ <https://www.gov.uk/guidance/notifiable-diseases-and-causative-organisms-how-to-report>

- Should a child have an infectious disease, such as diarrhoea and sickness, they must not return to nursery until they have been clear for 24 or 48 hours respectively
- We inform all parents if there is a contagious infection identified in the nursery, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment and resources that may have come into contact with a contagious child to reduce the spread of infection
- We notify Ofsted as soon as is reasonably practical, but in any event within 14 days of the incident of any food poisoning affecting two or more children cared for on the premises. We ask parents to keep children on antibiotics at home for the first 48 hours of the course (unless this is part of an ongoing care plan to treat individual medical conditions e.g. asthma and the child is not unwell) This is because 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
- We have the right to refuse admission to a child who is unwell. This decision will be taken by the manager on duty and is non-negotiable
- We make information/posters about head lice readily available and all parents are requested to regularly check their children's hair. If a parent finds that their child has head lice we would be grateful if they could inform the nursery so that other parents can be alerted to check their child's hair.

Meningitis procedure

If a parent informs the nursery that their child has meningitis, the nursery manager will contact the Local Area Infection Control (IC) Nurse. The IC Nurse will give guidance and support in each individual case. If parents do not inform the nursery, we may be contacted directly by the IC Nurse and the appropriate support given. We will follow all guidance given and notify any of the appropriate authorities including Ofsted where necessary.

We will follow the transporting children to hospital procedure in any cases where children may need hospital treatment.

The nursery manager/staff member must:

- Inform a member of the management team immediately
 - Call 999 for an ambulance immediately if the illness is severe. DO NOT attempt to transport the unwell child in your own vehicle
 - Follow the instructions from the 999 call handler
 - Whilst waiting for the ambulance, a member of staff must contact the parent(s) and arrange to meet them at the hospital
 - Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
 - Arrange for the most appropriate member of staff to accompany the child taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
 - Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

Coronavirus

If anyone becomes unwell whilst at nursery with a new, continuous cough or a high temperature, we will contact their parent/carer immediately. The child will be sent home and advised to follow the COVID-19: Guidance for households with possible coronavirus infection.

Whilst the child is awaiting collection they will be moved, if possible, to a room where they can be isolated behind a closed door, depending on the age of the child, and with appropriate adult supervision (ensuring safeguarding and PPE procedures are met.)

Ideally, a window will be opened for ventilation. Where it is not possible to isolate them, they will be moved to an area which is at least two metres away from other people. They will be comforted and reassured whilst waiting for collection, as per our usual policy.

If they need to go to the bathroom while waiting to be collected, they will use a separate bathroom if possible. The bathroom will be cleaned and disinfected, using standard cleaning products, before being used by anyone else.

PPE will be worn by staff caring for the child while they await collection if a distance of two metres cannot be maintained (such as for a very young child or a child with complex needs.) In an emergency staff will call a manager and 999 if they are seriously ill, injured or their life is at risk.

Any members of staff who have helped someone with symptoms and any children who have been in close contact with them do not need to go home to self-isolate. However, they must self-isolate and arrange for a test if they develop symptoms themselves (in which case, they should arrange a test), if the symptomatic person subsequently tests positive (see below) or they have been requested to do so by NHS Test and Trace.

Everyone must wash their hands thoroughly for 20 seconds with soap and running water or use hand sanitiser after any contact with someone who is unwell. The area around the person with symptoms must be cleaned with normal household disinfectant after they have left to reduce the risk of passing the infection on to other people. See the [COVID-19: cleaning of non-healthcare settings outside the home guidance.](#)

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>May 2022</i>	Mercedes Bar-Joseph (<i>Deputy Manager</i>) Elena Prodromou (<i>Manager</i>)	<i>June 2023</i>