

# Tamba Day Nursery

## Policy for children's sickness & well being

At Tamba we need to ensure children's well-being is paramount. If children are unwell we advise for parents to keep their children at home until they are fully recovered to prevent the spread of further illness. Parents must consider the needs of other children as well as the needs of their own children. Children who attend the setting when unwell will continue the cycle of illness.

Below is a guide created by the nursery and using the NHS website. If parents wish to bring their children back to nursery before the allocated time a written letter from the doctor must be given which explains that they are fit to return to nursery. However, it is down to the management's discretion to refuse a child entry based on their condition, well-being, illness and physical. A letter from the GP or appropriate medical person may be required before a decision is made regarding children returning to nursery.

### Vaccinations

**For precaution, if children have any vaccinations, they will be asked to stay at home for 24 hours following this. This includes allergy tests or vaccination for travelling. This is due to the high risk of fever and other illnesses.**

<b>Illness</b>	<b>Signs/ symptoms Information</b>	<b>Time off from Nursery</b>
<b>Common cough or cold</b>	<ul style="list-style-type: none"><li>- Cough and cold. A child with a minor cough or cold may attend nursery. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off nursery, visit the GP and return to nursery a minimum of 48 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether the child should stay off nursery.</li></ul>	Return to nursery 48 hours from when they last had a fever <b>*See Covid policy below</b>
<b>Raised temperature</b>	<ul style="list-style-type: none"><li>- A fever is a high temperature. As a general rule, in children, a temperature of over 37.5°C (99.5°F) is a fever.</li><li>- A message will be sent out to alert parents when a child has a temperature over 37.5°C. If the temperature reaches 38°C, you will be called and will be required to collect your child.</li></ul>	Return to nursery 48 hours after they start to feel better. <b>*See Covid policy below</b>
<b>Rash</b>	<ul style="list-style-type: none"><li>- Rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend nursery. If your child has a rash, check with your GP or practice nurse before sending them to nursery.</li></ul>	This will vary from case to case
<b>Head lice</b>	<ul style="list-style-type: none"><li>- Head lice is an infestation, not an infection – this does not cause illness.</li><li>- Head lice are tiny insects that live on the scalp. Lice have 3 stages in their life cycle:</li><li>- Nits (eggs) are whitish gray, tan, or yellow ovals, about the size of a grain of sand. They are found stuck to the hair, often behind the ears or at the back of the neck. Nits hatch in 9 days.</li><li>- Nymphs are young lice. They look like adults but are smaller.</li><li>- Adult lice are about the size of a sesame seed. Adult lice can live up to 30 days on a person's head. They move around on the scalp and are much more difficult to see than nits.</li></ul>	<b>Until fully removed</b>
<b>Chickenpox (Varicella)</b>	<ul style="list-style-type: none"><li>- Slight fever may be present before a rash develops.</li><li>- Rash usually first appears on body, face, and scalp. It then spreads to limbs.</li><li>- Rash begins with small, red, flat spots that develop into itchy fluid filled blisters.</li><li>- Blisters are usually less than ¼" wide and have a red base.</li><li>- After the blister breaks, open sores will crust over to form dry, brown scabs.</li></ul>	<b>Until all blisters are crusted over.</b>  <b>Usually 5 days</b>

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<b>Ringworm</b>	<ul style="list-style-type: none"> <li>- Ring shaped rash that is reddish and may be itchy</li> <li>- Rash may be dry and scaly or wet and crusty</li> <li>- If ringworm infection is on the scalp, there may be patches of hair loss or hair thinning</li> </ul>	<b>As long as lesions are present</b> Usually 4- 10 days
<b>Vomiting or Diarrhea</b>	<ul style="list-style-type: none"> <li>- Loose, watery diarrhea that may change to bloody diarrhea (3 or more loose stools is also considered diarrhea)</li> <li>- Mild to severe abdominal cramps</li> <li>- Fever (usually less than 38.5°C)</li> <li>- Vomiting</li> </ul> <p>If a child vomits, practitioners must take into consideration circumstances e.g. participating in physical activities after eating, crying etc. Practitioners must determine any cause for sickness. If child is sick and there is no clear reason the sickness absence procedures apply.</p> <p>Children with these conditions should be kept off nursery. They can return 48 hours after their symptoms disappear. Most cases of vomiting or diarrhea get better without treatment, but if symptoms persist, consult your GP.</p>	<u><b>Sickness</b></u> <b>one occasion:</b> <i>24 hours from last episode</i>  <b>more than once and/or other symptoms present: 48 hours from last episode</b>  <u><b>Diarrhea</b></u> <b>48 hours</b> from when the diarrhea has stopped
<b>Pertussis (Whooping Cough)</b>	<ul style="list-style-type: none"> <li>- Runny nose, low grade fever, and mild cough</li> <li>- After 1 – 2 weeks, the cough worsens</li> <li>- Child will cough violently and rapidly, over and over, until no air is left in their lungs. Child will then inhale with characteristic “whooping” sound</li> <li>- Child will sometimes vomit after coughing</li> <li>- Coughing will last for several weeks (will usually start to decrease after about 6 weeks)</li> </ul>	<b>Usually 2 weeks</b>
<b>Pink Eye (Conjunctivitis)</b>	<ul style="list-style-type: none"> <li>- Teary, red, itchy, painful eye(s), Eyelid(s) may be swollen</li> <li>- Pus or thick discharge (yellow or yellowish-green color) can make eyelids sticky, especially during sleep</li> <li>- Fever</li> <li>- Eye(s) may be sensitive to sunlight</li> </ul>	<b>Until fully clear, usually takes 3 days</b>
<b>Hand, Foot &amp; Mouth</b>	<ul style="list-style-type: none"> <li>- Fever</li> <li>- Sore Throat</li> <li>- Not wanting to eat</li> <li>- Raised spots around the mouth, hands and feet</li> </ul>	<b>As soon as spots blister</b>
<b>Covid 19 Policy</b>	<p><b><u>New continuous cough, no fever</u></b> - no test available, keep home for minimum of 24 hours to ensure other symptoms do not develop.</p> <p><b><u>Temperature-</u></b> no test available, must remain at home for a period of 48 from when they last had a high fever. If they do test negative, children still must remain home for a period of 48 hours from when they last presented a fever as per the policy above.</p> <p><b><u>Loss of taste/ smell</u></b> - no test available, keep home for minimum of 24 hours. If your child has two or more of the above symptoms, they must stay home for a minimum of 48 hours. If you do have tests available and your child presents any of the above symptoms they may return to nursery immediately when a negative result is confirmed. With an exception of a temperature, if a child has a fever, despite testing negative they must remain home for 48 hours from when they last had their fever.</p> <p><b><u>Testing positive:</u></b> If your child tests positive, we ask that you keep them home for 5 days. They can return on the 5th day if two consecutive negative tests are presented.</p>	

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