



Forest Row Community Pre-School

Help and guidance around deciding whether your child should attend preschool if under the weather or ill.

Poorly children do not enjoy preschool, they need rest and cuddles at home. The Pre-School staff are on a strict ratio and are not able to provide one-to-one attention to poorly children.

If your child is unwell during these uncertain times please do not dose them with Calpol or any paracetamol or ibuprofen medication before they attend, this may mask a temperature and put other families at risk.

If your child becomes unwell with any of the 3 key Covid-19 symptoms at Pre-school your child will be sent home and any siblings will be sent home from Pre-school. Likewise if any siblings are sent home from school we ask you to collect your child from Pre-school.

SYMPTOM	ADVICE
<p>Does your child have a temperature?</p> <p>37.8°C or above or feels hot to touch on their chest and back if you do not have a thermometer.</p>	<p>Keep you child at home. Your whole family will need to self isolate until a Covid-19 test result is received. If the test is negative the family can stop self isolating. Your child can return to preschool once they have had a normal temperature for 48 hours and they are well again. If the test result is positive your family will have to continue to self isolate for the 14 days and your child will need to isolate for 10 days. Your child can return to preschool once they are well and the 10 days have passed. They may have a continuing cough that persists beyond 10 days, children may return to preschool with this residual cough if they are well enough to do so.</p> <p>If you prefer not to get your child tested you may just keep your child at home for 10 days and your child can return once they are well after this 10 day isolation.</p>

SYMPTOM	ADVICE
Does your child have a new or persistent cough?	<p>Keep your child at home. Your whole family will need to self isolate until a Covid-19 test result is received. If the test is negative the family can stop self isolating. Your child can return to preschool once they are well again. If the test result is positive your family will have to continue to self isolate for the 14 days and your child will need to isolate for 10 days. Your child can return to preschool once they are well and the 10 days have passed. They may have a continuing cough that persists beyond 10 days, children may return to preschool with this residual cough if they are well enough to do so.</p> <p>The NHS describes a new, persistent cough as <i>“coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)”</i></p> <p>If you prefer not to get your child tested you may just keep your child at home for 10 days and your child can return once they are well after this 10 day isolation.</p>
Runny nose?	<p>Keep your child at home until you are sure this is just a common cold, and at least for 48 hours. If any Covid symptoms are present then you must get a test. Your child may return to preschool once they feel well again. Some children have a persistent runny nose through the colder months. We are expecting still to see them at preschool as long as there are no accompanying covid symptoms and your child feels well enough to attend. Generally if the mucus is thick and green/yellow it could suggest an infection of some sort and medical advice should be sought.</p>
Diarrhoea and/or sickness	<p>Please keep your child at home until 48 hours have passed since the last episode of sickness or diarrhoea. Your child should only return after this time has passed and when they feel well enough to do so. If the tummy upset is accompanied by a temperature then you must have a covid test and your family should self isolate until the test results are confirmed - as for 'temperature' section.</p>

SYMPTOM	ADVICE
Suspected ear infection/urine infection/tonsillitis	<p>As all these illnesses are generally accompanied by a temperature, we will expect you to arrange a covid test for your child.</p> <p>Until your child tests negative your family will need to self isolate.</p> <p>Your child will need to be seen by a GP to confirm a diagnosis and to prescribe antibiotics if necessary.</p> <p>After this diagnosis and once 48 hours has passed since their temperature has returned to normal and they are well enough to do so, your child can return to preschool.</p> <p>If they return to preschool but are still feeling wiped out or unwell we will ask you to come and collect them.</p>
Rash anywhere on face or body	<p>See a GP to have the rash diagnosed.</p> <p>(NOTE If this rash does not fade/disappear under the pressure of a clear drinking glass you must seek urgent medical advice by calling 999)</p> <p>If your child is feeling well and 48 hours have passed since the rash appeared and the GP has not been able to diagnose a specific illness your child may return to preschool.</p> <p>If your GP diagnoses a specific illness please follow the exclusion times for that illness.</p> <p>Please note that if your child has an infectious rash they will need to stay at home until cream is being applied.</p>
Conjunctivitis	<p>Children will need to be using prescribed cream before they can return to preschool.</p> <p>Otherwise they may return once the infection has cleared.</p>
Generally under the weather / lethargic / tearful and sleepy.	<p>Keep your child at home if you can.</p> <p>If you have to go to work then you can bring them to see how they go. But please be prepared to have to come and collect them if we feel they are not coping at Pre-school.</p>

If your child is poorly and not coming to Pre-school please give us a call to let us know why.

If you have arranged a Covid test for your child please let us know as soon as possible so we can prepare in case it is positive. Once you have results please let us know the result by phone or email or messenger.

These are going to be frustrating times. We apologise, but please be aware that we are only carrying out government requirements to help keep the school community safe. We are all subject to the same rules and feel the same frustrations.