



9. HEALTH POLICY AND PROCEDURE

At Forest Row Pre-School we work hard to keep children healthy. We manage this by the preventing of cross infection of viruses and bacterial infections.

Unfortunately pre-school aged children are particularly prone to colds, respiratory tract, gastro-intestinal and other infections. Ironically children need to have these infections to build up their immunity in future.

Although we understand these illnesses and exclusions can be extremely frustrating to parents, they can occur up to 12 times a year. Just like ourselves, in fact more so, children need rest to recover from these illnesses and fight infections.

If your child is ill please DO NOT send them into Pre-school, this is to benefit your child as well as the others in our care. Forest Row Pre-school presents sessions full of learning activities including physical demands, your child needs to have the energy and be well enough to partake in these. No child should miss out or be expected to stay inside when at pre-school due to illness.

We unfortunately are not able to offer the individual care and attention a sick child needs within our sessions as you can offer in a home environment. If your child rests when sick they are more likely to get better quicker than if they are exposed to a very busy day at Pre-school and possibly other infectious agents. We ask you to take this policy and our recommendations very seriously.

We ask you to always notify us if your child is sick, and the illness/symptoms they are suffering from. Staff will always share information of reported illness via our noticeboards, connect system and emails. This information is especially important for children with immune deficiencies, expectant mothers and others with health conditions.

Our parents are asked to support us in this by following simple guidelines regarding health and illness.

Temperature:

- If your child has a temperature of 38 degrees or above they must not attend. If they are at the setting and their temperature rises, you will be asked to collect as soon as possible. Children with a history of febrile convulsions will be sent home at 37.5 degrees in line with medical advice.
- Your child should not attend if taking medicine to lower a fever.
- Your child should only re-attend nursery when they have been fever free & without medication for 24 hours.

Coughs

- Your child should not attend if suffering from a deep hacking cough, unless a doctor has advised attendance.
- Your child should not attend if they are bringing up fluid when coughing.

- In addition to this please seek advice if your child has been coughing for more than three days, has had difficulty breathing or is breathing consistently faster than usual.

Runny Noses

- Your child is able to attend pre-school with a clear runny nose that does not require medication, as long as the child is well in themselves.
- Children with thick green runny noses should not attend the Pre-School, this is a sign of an underlying infection and it is our duty to minimise the effect this could have on children with lower immune systems.

Diarrhoea and or vomiting:

- No child who has diarrhoea or vomiting may return to pre-school until 48 hours after the last bout of sickness.

Antibiotics:

- A child prescribed antibiotics for an illness may not return until 24 hours after the first dose. This is to ensure the medicine has begun working and to ensure the child suffers no allergic reaction.
- Pre-School staff will administer prescribed antibiotics after the initial 24 hours, you will be asked to complete and sign a consent form as well as signing at the end of the day to the doses and times administered.
- We recommend that you always complete a course of antibiotics to the scheduled end to ensure the infection is treated.

Head Lice:

- Whilst not an illness, we do ask that any child with head lice is treated before they return to pre-school. Head lice is very contagious and treatment/removal is the only way to prevent spreading.
- We will always post a sign if a case of head lice is reported and would ask that all children are checked by parents when this is displayed.
- With this in mind, it is also sensible for children with long hair to have it tied back at Pre-School.

Other Infectious illnesses:

- An in depth chart is displayed in our cloakroom explaining the recommended exclusions periods for many common infectious diseases and illnesses. We ask that you abide by these.
- We also request that if your child is unwell enough to need calpol or other similar medicines they should not attend pre-school.

We will administer medicines such as anti-histamines, inhalers and eczema creams, etc. When we have received signed written permission from a parent. A form to fill in for this is kept at the cloakroom desk. Please ask the staff member supervising the cloakroom that day for the form when needed. We also request that all medications are handed to a staff member and not left in children's bags. Throughout the day all medications will be stored in our lockable medicine cabinet, unless they need refrigerating. These medicines will be kept behind our locked kitchen gate.

If a child becomes unwell during a session, we follow this procedure:

- A first-aid-trained member of staff will be responsible for monitoring the child whilst comforting and reassuring them.
- The child will be allowed to rest in a quiet and safe space away from the other children.
- If the child has a temperature, they will be kept cool by removing top layers of clothing.
- The child's parents will be contacted and informed as soon as possible, and arrangements made for the child to be collected.
- If no contact is available during the session then staff would continue to monitor and

make the child comfortable, allowing them to rest in a quiet area and offering them appropriate care. We would request further details upon collection and in situations where this is a repeat occurrence with no valid explanation, we would refer to our safeguarding policy.

- If medical assistance is required then the medical services will be contacted as per Accidents & Emergencies Policy number 3.
- Staff should continue to try and contact the child’s parents if they are not successful at first.
- We will also call emergency contacts, though will only allow contacts we have previously met to collect.

If a child is physically sick then:

- One member of staff wearing appropriate protective clothing will deal with the child who is sick and start by changing the child’s clothing or cleaning the child if necessary.
- The child should be offered a drink of water.
- Other children will be removed from the direct area while it is cleaned.
- Another member of staff will clean up and disinfect the area.
- The child’s parents should be contacted and arrangements made to collect the child.

Date Updated	Reviewed	Next Review
	June 2015	June 2016
February 2016		February 2017
October 2016		October 2017
	October 2017	October 2018
December 2018		December 2019
May 2019		May 2020

Chair of the Committee’s signature:

Manager’s signature:

Deputy’s signature:.....

Deputy’s signature:

Date: