Sick Child Policy

On your child's first visit to Step by Step, parents / carers will be asked to sign an agreement stating that in the case of your child having an infectious condition that you must refrain your child from attending. If the child needs medication in our care, the medication should be marked clearly stating name, date of birth and dose. (see medication policy)

Step by Step is obliged to ensure the Health and Safety of the children that use its service, along with its employees. To ensure that children and employees (staff) are not subjected to any risk from other individuals. Attendance at Step by Step will be dictated by whether there is a definite risk of spreading illness.

All Step by Step staff are trained and qualified in Paediatric First Aid, which is renewed when required. If a child became ill whilst attending Step by Step, the Step by Step Manager would investigate the symptoms by using NHS Direct. The Step by Step Manager reserves the right to exclude a child from Step by Step, if it is felt that the child is ill or deemed unfit to remain in Step by Step and / or may require medical attention. Children should not attend Step by Step when they have a condition or illness that can be deemed to be infectious and could bring harm to others. These include:

Chicken Pox

This is a common infectious disease, which is characterised by a rash (pustules) and slight fever. The disease is spread by airborne droplets and can be infectious 21 days before the rash appears up until a week after, or until the rash has scabbed and dried.

Gastroenteritis (D & V)

This is an inflammation of the stomach and intestines caused by any of a variety of bacteria, viruses and other small organisms that have contaminated food or water. Symptoms include appetite loss, nausea, vomiting, cramps and diarrhoea. The affected individual can spread the illness when attention is not paid to personal hygiene, including hand washing.

Measles

This is highly infectious characterised by rash and fever. It is spread by airborne droplets of nasal secretions. Infected children can transmit the virus during the 8-to-14-day incubation period and up to one week after the onset of symptoms. Contact HPT team, number below, if there are 2 or more cases within a 10 day period. (Number below).

Meningitis

Can be highly contagious and life threatening, symptoms are high temperature 38C,or very low 36Cand shivery, stiff neck, severe headache, very sleepy, diarrhea, vomiting. Rash does not fade when pressed with a glass. Call 999 or go to A and E. Contact HPT team , number below, if there are any cases been confirmed. (Number below).

Mumps

This is a viral illness spread by airborne droplets. The chief symptom is inflammation and swelling of the parotid glands just inside the angle of the jaw. This disease can be spread to others for about a week before and up to two weeks after the symptoms appear.

Scabies

This is a skin infestation caused by mites, which burrow into the skin. The mites burrow can be seen on the skin as scaly swellings usually between the fingers and on the wrist. The infestation causes itching. Scabies is highly contagious during close physical contact. Specific treatment is required and 24 hours after treatment, the individual can attend Step by Step.

Impetigo

Impetigo is highly contagious. Sensible hygiene precautions prevent the spread of bacteria and reduce the risk of other people catching it. Impetigo has a characteristic look to it, with inflamed red lumps leaking pus to form thick yellow crusts. It spreads very quickly. It is common on the hands and around the mouth and nose. Severe infections can affect the whole body. To prevent the impetigo returning, keep skin clean and ensure than any condition causing broken skin (e.g. eczema, nappy rash) is treated early.

Whooping Cough

This is caused by bacteria, which spread by airborne droplets. Child is seen as infectious when presenting with cough (which can have a characteristic whoop), sneezing, nasal discharge, fever and sore eyes. Contact HPT team , number below, if there are a cluster of cases. (Number below).

Hand, Foot & Mouth

Hand, foot and mouth disease is a common infectious disease, caused by coxsackie virus. It is a disease mainly of children, especially of toddlers, and is very serious. Hand, foot and mouth disease is very contagious (easily spread) and is common in children under 10 years of age. However, adolescents and adults can also be affected. It features many small blisters (vesicles) in the mouth and on the palms of the hands and the soles of the feet. These may also appear on other parts of the body. There may be some difficulty in swallowing, a slight fever and occasionally vomiting.

Scarlet Fever

The disease often starts with a sore throat or a skin infection about 12 hours before the main symptoms appear. The characteristic symptom of a scarlet fever is a fine rash on the body that feels like sandpaper to touch. It may start in one place, but soon spreads too many parts of the body, commonly the neck, chest, elbows, inner thighs and groin. The rash does not normally spread to the face, but the cheeks become flushed and the area just around the mouth stays quite pale. The overall impression of someone with a flushed, red face is what gives the disease its name. Other symptoms include; high temperatures, headache, white coating on tongue (which peels a few days later, leaving the tongue looking red and swollen – known as strawberry tongue), and a general feeling of malaise. Scarlet Fever is infectious. It is spread through close physical contact or by contact with the mucus from an infected person. Very severe infections may cause high fever, feeling sick and vomiting. Scarlet Fever is a notifiable disease. This means that your doctor must report any cases to the local health authorities, so they can monitor the spread of the disease. Contact HPT team , number below, if there are 2 or more cases within a 10 day period. (Number below).

Tonsillitis

Tonsillitis, whether due to a virus or bacteria, is spread from person by saliva, hand contact or airborne droplets. The incubation period between picking up the infection and its onset is usually between 2 and 4 days. Children may have a sore throat, pain on swallowing, headache, a feeling of

malaise, fever, which may be very high in young children. Constipation and earache are also common. The tongue may well be furry and breath unpleasant. It may be difficult to open mouth and speech may be thickened. Tonsillitis caused by streptococcal bacteria responds well to antibiotic treatment. This should always be given if the infection is streptococcal.

The setting has a guide to refer to when to let children back to nursery. Via the NHS website.

Parents will get a copy on their admission to nursery, when to refrain from nursery.

Parents responsibilities :

- provide up-to-date emergency contact details and a copy of your timetable (if applicable).
- Inform the nursery of any illness, absences, or changes to your child's health.
- Keep children at home for the full exclusion period when unwell (see illness chart below).

In emergencies, if the parent/carer is unreachable, the nursery will contact the next named emergency contact. Parents/carers must provide written permission for the nursery to act in their absence, including for hospital transport and emergency medical treatment.

If a child becomes seriously ill or injured:

- Staff will call an ambulance.
- Parents/carers will be contacted immediately.

A senior member of staff will accompany the child to hospital if needed, along with relevant medical documentation and medication.

A fever is classified as a temperature **over 38°C (100.4°F)** in children under 5.
Procedure:

1. Take the child's temperature with a thermometer.
2. Record the reading and inform parents.
3. Remove excess clothing and keep the child hydrated.
4. Monitor temperature regularly.
5. If temperature remains above 38°C, parents must collect their child.
6. If required, with prior written consent, the nursery may administer Calpol in emergency situations, if parents can't get to them straight away.

Anaphylaxis, febrile convulsions ,

7. Call 999 immediately.
8. Administer emergency medication (e.g., Epipen) if prescribed and authorised.
9. Follow the same hospital transport procedure above.

Sickness and diarrhoea : Children should refrain from attending nursery for 48hrs after last bout.

Parents MUST inform us if Calpol or any other medication is given before attending nursery so we can monitor the child safely if they become ill.

If you need to report an infectious disease or get some advice, ring Health protection team on 0344 225 3861. (Each illness has it's own requirement to report}.

Date of review: 26/09/26 Renewal date:26/09/26 Sign RWilkinson