



**Pre-School
Centre**

Inspiring to Achieve

**Lancaster
University**



“Should I keep my child at home?”

Sickness and the Pre-School Centre



**A guide to help parents and carers of sick children make
an informed decision as to whether their child should
attend the Pre-School Centre**

“Should I keep my child at home?”

A helpful guide to sickness and infection at the Pre-School Centre

Children should not attend the Centre if they are clearly unwell or distressed through illness.

Children who are unwell with an infectious disease should not be attending the Centre, only returning once the risk of spreading the infection has passed.

We are aware that it can be difficult for parents to take time off to look after children, but equally, we have a duty to protect other children in our care and ourselves from the risk of infection.

The following charts give some guidance on the control of the most common and more important infections encountered.

It is not intended to act as a guide to a diagnosis, this should only be undertaken by an appropriately qualified health professional.

Long term medication i.e. inhalers etc. also require recording if they are to be administered by the staff.

In addition a care plan will be drawn up following discussion with yourself, your child’s key person and one of the Pre-School Centre’s Special Educational Needs Co-ordinators.

Medicine Information

Parents/carers need to ensure that the Centre has an adequate number of contact numbers should your child be taken ill during the day.

If your child displays a high temperature and appears unwell, we can with written parental/guardian consent (please see the Medical Consent form as part of your Welcome Pack, alternatively please ask at the Centre office for a copy) administer one, age appropriate dose of a paracetamol based medicine *i.e. Calpol*. You will be asked to collect your child if they remain unwell.

The Pre-School can only administer UK prescribed medication, cough syrups and over the counter products will not be administered.

If you choose to administer homeopathic medicines to your child, we will at the discretion of the Manager or Senior Staff administer these on receipt of written confirmation on headed paper from the Homeopathic Practitioner. This needs to clearly state the time and dosage required.

All medication brought into the Centre to be administered by the Pre-School staff must be recorded. Please email pscentre@lancaster.ac.uk with the following information:

- Your child’s full name
- The name of the medication
- The time and dosage required

This information will then be checked and must correspond with the prescription label, any discrepancies will be communicated to you for clarification prior to administration of the medication.

Please ensure you acknowledge the medication has been administered when you receive the notification from staff via the ParentZone app.

Antibiotics

Children prescribed antibiotics to treat infections should remain at home for at least 24 hours to support them with their recovery returning only when they are well enough to participate in a normal day.

Children who are regularly being prescribed antibiotics to deal with an ongoing medical condition may be allowed to attend during the first 24 hours at the discretion of the Manager or Senior staff.

Diarrhoea & Vomiting Illness

Type	Recommended time off
Diarrhoea and/or vomiting	48 hours from last episode
Cryptosporidiosis	Exclude for 48 hours from the last episode of diarrhoea
E-Coli	Further advice should be sought from the Health Protection Unit (HPU)

Respiratory Infections

Type	Recommended time off
Flu (Influenza)	Until fully recovered
Whooping Cough	2 Days* (*21 days from onset if no antibiotics)
Tuberculosis	Further advice should be sought from HPU
Covid	Stay at home and avoid contact with other people until no longer displaying a high temperature (if had one) or until the child feels better.

Other Infections

Type	Recommended time off
Conjunctivitis / Glandular Fever / Threadworm / Tonsillitis	None
Head Lice	Once treated
Mumps	5 days from onset of swelling

Immunisation Schedule

Below is a link to immunisation schedule that details the vaccines that are routinely offered to everyone in the UK for free with the NHS, along with the recommended age at which your child should have them.

www.nhs.uk/conditions/vaccinations/childhood-vaccines-timeline/

Sickness Guide

Please find below the recommended period of time to keep your child away from the Centre, for the following infections and illnesses. Please note that the times listed are only to be used as a guide:

Rashes & Skin

Type	Recommended time off
Chickenpox	Until all vesicles have crusted over
German Measles	4 days from onset of rash
Hand, Foot & Mouth Disease	None
Impetigo	Until sores are crusted and healed or 48 hours after commencing antibiotic treatment
Measles	4 days from onset of rash
Ringworm	None usually required
Scabies	Return after first treatment
Scarlet Fever	24 hours after commencing appropriate antibiotic treatment
Slapped Cheek or Parvovirus	Once rash has developed

Please inform Managers or Senior Early Years Practitioner if your child has been diagnosed with Measles, Chickenpox or Slapped Cheek disease, as some infections if caught by pregnant women can pose a danger to the unborn baby.

Further information can be found online at:

www.nhs.uk/conditions/vaccinations/childhood-vaccines-timeline/

If you have any further questions or queries regarding the information contained in this booklet please speak to:

Adele Stewart *Pre-School Centre Manager*

Joanne Daly *Deputy Manager*

Emma Simpson *Senior Early Years Practitioner*

Kathy Yates *Senior Early Years Practitioner*

Yvonne Williams *Senior Early Years Practitioner*



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Lancaster University Pre-School Centre

Bailrigg · Lancaster · LA1 4YW

Tel: 01524 594464

E-mail: pscentre@lancaster.ac.uk

www.lancaster.ac.uk/pre-school