“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 paracetemol based medicine i.e. Calpol.

The Pre-School can only administer 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 in the medication book with parents indicating the time they wish the medication to be administered and dosage. You will be further requested to sign out the medication at the end of the day.

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

<table>
<thead>
<tr>
<th>Type</th>
<th>Recommended time off</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diarrhoea and/or vomiting</strong></td>
<td>48 hours from last episode</td>
</tr>
<tr>
<td><strong>Salmonella</strong></td>
<td>Until diarrhoea and vomiting has stopped for 48 hours</td>
</tr>
<tr>
<td><strong>E-Coli</strong></td>
<td>Further advice should be sought from the Health Protection Unit (HPU)</td>
</tr>
</tbody>
</table>

### Respiratory Infections

<table>
<thead>
<tr>
<th>Type</th>
<th>Recommended time off</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Flu (Influenza)</strong></td>
<td>Until fully recovered</td>
</tr>
<tr>
<td><strong>Whooping Cough</strong></td>
<td>5 Days from commencing antibiotic treatment</td>
</tr>
<tr>
<td><strong>Tuberculosis</strong></td>
<td>Further advice should be sought from HPU</td>
</tr>
</tbody>
</table>

### Other infections

<table>
<thead>
<tr>
<th>Type</th>
<th>Recommended time off</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Conjunctivitis / Glandular Fever / Threadworm / Tonsillitis</strong></td>
<td>None, though your child may be too unwell to attend if suffering from tonsillitis</td>
</tr>
<tr>
<td><strong>Head Lice</strong></td>
<td>Once treated</td>
</tr>
<tr>
<td><strong>Mumps</strong></td>
<td>5 days from onset of swelling</td>
</tr>
</tbody>
</table>

### Immunisation Schedule

Below is the 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.

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 Nursery Officer**
**Shelley Hallett, Senior Nursery Officer**

#### 2 months old:
- DTaP/IPV/Hib, a 5-in-1 injection for diphtheria, tetanus, pertussis (whooping cough), polio and haemophilus influenzae type b (Hib, a bacterial infection that can cause severe pneumonia or meningitis in young children)
  - Pneumococcal infection
  - Rotavirus vaccine
  - Meningitis B vaccine

#### 3 months old:
- DTaP/IPV/Hib, second dose
- Meningitis C
- Rotavirus vaccine

#### 4 months old:
- DTaP/IPV/Hib, third dose
- Pneumococcal infection, second dose
- Meningitis B Second dose
Further information can be found online at: http://www.nhs.uk/conditions/vaccinations/pages/vaccination-schedule-age-checklist

**Immunisation Schedule (continued)**

**Between 12 & 13 months:**
- Hib/Men C, a 2-in-1 injection for the second dose of Meningitis C and fourth dose of Hib
- MMR, a 3-in-1 injection for measles, mumps and rubella
- Pneumococcal infection, third dose
- Meningitis B third dose

**2, 3, 4 years + School Years 1e, 2**
- Child flu vaccine

**3 years and 4 months or soon after:**
- MMR, second dose
- DTaP/IPV, a 4-in-1 injection for diphtheria, tetanus, pertussis and polio given as a pre-school booster

**13 - 18 years:**
- DTaP/IPV, a 3-in-1 injection for diphtheria, tetanus and polio
- Meningitis ACWY vaccine

**Females aged 12-13 years:**
- Cervical cancer (HPV) vaccine, which protects against cervical cancer, 3 jabs given within a six month period

**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 a guide:

<table>
<thead>
<tr>
<th>Rashes &amp; Skin</th>
<th>Type</th>
<th>Recommended time off</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Chickenpox</strong></td>
<td>5 days from onset of rash</td>
</tr>
<tr>
<td></td>
<td><strong>German Measles</strong></td>
<td>4 days from onset of rash</td>
</tr>
<tr>
<td></td>
<td><strong>Hand, Foot &amp; Mouth Disease</strong></td>
<td>Once rash has developed</td>
</tr>
<tr>
<td></td>
<td><strong>Impetigo</strong></td>
<td>Until sores are crusted and healed or 48 hours after commencing antibiotic treatment</td>
</tr>
<tr>
<td></td>
<td><strong>Measles</strong></td>
<td>4 days from onset of rash</td>
</tr>
<tr>
<td></td>
<td><strong>Ringworm</strong></td>
<td>None usually required</td>
</tr>
<tr>
<td></td>
<td><strong>Scabies</strong></td>
<td>Until treated</td>
</tr>
<tr>
<td></td>
<td><strong>Scarlet Fever</strong></td>
<td>24 hours after commencing appropriate antibiotic treatment</td>
</tr>
<tr>
<td></td>
<td><strong>Slapped Cheek or Parvovirus</strong></td>
<td>Once rash has developed</td>
</tr>
</tbody>
</table>

Please inform the Manager or Senior Nursery Nurse staff 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.