“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. You will then be contacted to collect your child and advised to follow the policy for COVID-19, see previous guidance in this document.

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. 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

<table>
<thead>
<tr>
<th>Type</th>
<th>Recommended time off</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diarrhoea and/or vomiting</td>
<td>48 hours from last episode</td>
</tr>
<tr>
<td>Cryptosporidiosis</td>
<td>Exclude for 48 hours from the last episode of diarrhoea</td>
</tr>
<tr>
<td>E-Coli</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>Flu (Influenza)</td>
<td>Until fully recovered</td>
</tr>
<tr>
<td>Whooping Cough</td>
<td>2 Days* (*21 days from onset if no antibiotics)</td>
</tr>
<tr>
<td>Tuberculosis</td>
<td>Further advice should be sought from HPU</td>
</tr>
</tbody>
</table>

### Respiratory Infections

<table>
<thead>
<tr>
<th>Type</th>
<th>Recommended time off</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conjunctivitis / Glandular Fever / Threadworm / Tonsillitis</td>
<td>None</td>
</tr>
<tr>
<td>Head Lice</td>
<td>Once treated</td>
</tr>
<tr>
<td>Mumps</td>
<td>5 days from onset of swelling</td>
</tr>
</tbody>
</table>
Coronavirus (COVID-19) symptoms in children

Children and young people aged 18 and under can get coronavirus (COVID-19), but it’s usually a mild illness and most get better in a few days.

Symptoms of COVID-19 can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

What to do if your child has symptoms

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to come to the Pre-School Centre

They can return when they feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can attend Pre-School. Please encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues.

Most children who are unwell will recover in a few days with rest and plenty of fluids.

There is guidance for people with COVID-19 symptoms and other respiratory infections on GOV.UK.
**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.


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

*Please inform Manager or Senior Early Years Practioner 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*