“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.
The Pre-School Centre has a procedure for staff or children displaying symptoms of COVID-19. This is reviewed regularly and is in line with the most recent government guidance.

Further information can be found online at: www.nhs.uk/conditions/coronavirus-covid-19/

If a child has received a dose of Calpol/Ibuprofen or other Paracetamol based medication they are unable to attend the Centre for 5 hours from the time the medicine is administered as this may mask the symptoms of COVID-19.

If the child attends the Centre after the 5-hour period and then subsequently displays a high temperature the parent will be contacted to collect the child.

They will then be advised to follow the policy for COVID-19 which requires the parent to book a test for the child and receive a negative test result prior to returning. If the test result comes back negative and they no longer have symptoms similar to COVID-19 they can stop self-isolating.

If a parent chooses not to book the test for a symptomatic child the child will be unable to attend for 14 days and will be advised to self-isolate.

If someone tests positive, they should follow the Stay at home guidance for households with possible or confirmed coronavirus (COVID-19) infection and must continue to self-isolate for at least least 10 days from the onset of their symptoms and then return to the setting only if they do not have symptoms other than cough or loss of sense of smell or taste.

This is because a cough or anosmia can last for several weeks once the infection has gone. The 10-day period starts from the day they first became ill.

If they still have a high temperature, they should keep self-isolating until their temperature returns to normal. Other members of their household should continue self-isolating for the full 14 days.

“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.

"Should I keep my child at home?"
**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 pcentre@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>
**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  
**Kathy Yates** Senior Nursery Officer

### 8 weeks old
- Diphtheria, tetanus, pertussis (whooping cough), polio and Haemophilus influenzae type b (Hib and hepatitis B)
- Pneumococcal (13 serotypes)
- Meningococcal group B (MenB)
- Rotavirus gastroenteritis

### 12 weeks old
- Diphtheria, tetanus, pertussis, polio and Hib and hepatitis B
- Rotavirus

### 16 weeks old
- Diphtheria, tetanus, pertussis, polio and Hib
- MenB
- Pneumococcal (13 serotypes)
- Hepatitis B

### One year old (on or after the child’s first birthday)
- Hib and MenC
- Pneumococcal
- Measles, mumps and rubella (German measles)
- MenB

### Eligible Paediatric age groups
- Influenza (each year from September)

### Three years four months old or soon after
- Diphtheria, tetanus, pertussis and polio
- Measles, mumps and rubella

Further information can be found online at:  
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 a guide:

<table>
<thead>
<tr>
<th>Rashes &amp; Skin</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type</strong></td>
</tr>
<tr>
<td>Chickenpox</td>
</tr>
<tr>
<td>German Measles</td>
</tr>
<tr>
<td>Hand, Foot &amp; Mouth Disease</td>
</tr>
<tr>
<td>Impetigo</td>
</tr>
<tr>
<td>Measles</td>
</tr>
<tr>
<td>Ringworm</td>
</tr>
<tr>
<td>Scabies</td>
</tr>
<tr>
<td>Scarlet Fever</td>
</tr>
<tr>
<td>Slapped Cheek or Parvovirus</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.