



Illness, Accident & Medication Policy for Parents/Carers Blackberries Childcare Group

Version 3 – 2024

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PURPOSE

Our priority is to provide high-quality care while ensuring the health and safety of all children, staff, and visitors. This policy outlines the expectations regarding illness, accidents, and the administration of medication to safeguard children and prevent the spread of infectious diseases.

At Blackberries Childcare Group, we understand the challenges faced by working parents when their child is unwell. However, it is essential to ensure the health and safety of all children and staff by preventing the spread of illness.

- **Medication Masking Symptoms:**

Children who have been given **Calpol, Paracetamol, Ibuprofen, or similar medications** within **6 hours** of their nursery session start time must remain at home for a **minimum of 24 hours**. These medications can mask symptoms of illness or infectious diseases, delaying the recognition and treatment of potential infections.

- **Unwell Children:**

Children who display signs of illness upon arrival will be refused entry and sent home. If your child becomes unwell during the day or shows any of the symptoms listed in our **Sickness Exclusion Table**, parents will be contacted and asked to collect their child immediately. This allows parents to seek medical advice promptly and prevent further spread of illness.

By following these guidelines, we can ensure a safe, healthy environment for all children at the nursery.

PARENT/CARER RESPONSIBILITIES

- **Informing the Nursery:** Parents/carers must inform the nursery via telephone or email if their child is unwell and unable to attend. This information is crucial for safeguarding other children, staff, and pregnant individuals within the nursery.

If a child is diagnosed with a notifiable disease, parents must inform the nursery immediately so we can contact the Health Protection Agency, Ofsted, and other relevant agencies as required.

- **Exclusion Due to Illness:** Children showing symptoms of illness may be refused entry or sent home. Parents must inform staff if any medication, including pain relief or antihistamines, has been administered before arrival.
- **Emergency Contact Details:** It is the parent's responsibility to keep contact details up to date to ensure timely communication in case of emergencies.

ILLNESS GUIDELINES

Children must be excluded if they exhibit the following symptoms:

1. **Fever:** 38°C or above
2. **Eye Infection (Conjunctivitis):** Discharge or redness in the eye requiring treatment
3. **Diarrhoea:** Two or more liquid stools
 - *If children have intolerances or allergies such as milk or to eggs and have diarrhoea or sickness due to eating something they should not have, this will still be treated with the same exclusion period
4. **Vomiting:** Exclusion for at least 48 hours post-last episode
5. **Chickenpox:** Return only after all spots have scabbed over
6. **Impetigo:** After medical clearance and sores are no longer weeping
7. **COVID-19 Symptoms:** Persistent cough, high temperature, sore throat
8. **Head Lice:** Immediate collection for treatment; children may return once treated

Quick Reference Guide: Illness and Exclusion Periods

Gastrointestinal Infections

<i>Illness/Condition</i>	<i>Exclusion Period</i>	<i>Additional Notes</i>
<i>Diarrhoea and/or Vomiting</i>	48 hours from the last episode	This applies to both diarrhoea and vomiting.
<i>E. Coli 0157 (VTEC)</i>	Exclude until advised by public health	Critical for young children due to higher risk of transmission and severity.
<i>Typhoid/Paratyphoid Fever</i>	Until cleared by public health official	Requires formal medical clearance.
<i>Shigella (Dysentery)</i>	48 hours from the last episode	Reinforce hygiene practices among children.
<i>Food Poisoning</i>	48 hours from the last episode	Includes infections caused by contaminated food or water.

Respiratory Infections

<i>Illness/Condition</i>	<i>Exclusion Period</i>	<i>Additional Notes</i>
<i>COVID-19</i>	72 hours from symptom onset	Follow local public health guidelines on isolation and testing.
<i>Flu (Influenza)</i>	Until full recovery	
<i>Tuberculosis (TB)</i>	Until cleared by public health official	Treatment adherence is mandatory before return.
<i>Whooping Cough (Pertussis)</i>	48 hours after starting antibiotics OR 21 days without treatment	Antibiotic treatment significantly reduces infectious period.

Rashes and Skin Infections

Illness/Condition	Exclusion Period	Additional Notes
<i>Athlete's Foot</i>	None	Treatment is required but no exclusion is needed.
<i>Chicken Pox</i>	Until all vesicles have scabbed over	Highly contagious until scabbing occurs.
<i>Cold Sores (Herpes)</i>	None	Avoid contact with sores, especially in infants.
<i>German Measles (Rubella)</i>	4 days from the onset of rash	Notify pregnant staff due to severe risks to unborn children.
<i>Hand, Foot, and Mouth</i>	3-5 days or until spots scabbed	Hydration must be monitored closely.
<i>Impetigo</i>	Until lesions are crusted or 48 hours post-antibiotics	
<i>Molluscum Contagiosum</i>	None	
<i>Ringworm/Threadworms</i>	None	Treatment is required but no exclusion is needed.
<i>Roseola (Infantum)</i>	None	
<i>Scabies</i>	Return after the first treatment	All household members should be treated simultaneously.
<i>Scarlet Fever</i>	48 hours after starting antibiotics	
<i>Slapped Cheek (Fifth Disease)</i>	None	
<i>Shingles</i>	Exclude if weeping rash cannot be covered	If covered, attendance is permitted.
<i>Warts and Verrucae</i>	None	Should be treated and covered if in communal areas like swimming pools.

Other Infections

Illness/Condition	Exclusion Period	Additional Notes
<i>Conjunctivitis</i>	Until eyes are clear of discharge	Treatment is required; reinforce handwashing.
<i>Scarlet Fever</i>	48 hours after starting antibiotics	
<i>Head Lice</i>	Can return after treatment	Ensure thorough combing and follow-up treatment.
<i>Hepatitis A</i>	7 days after onset of jaundice	
<i>Mumps</i>	7 days from onset of swelling	Exclude until the swelling subsides to reduce transmission risk.
<i>Meningococcal Meningitis</i>	Until fully recovered	Requires formal public health notification and clearance.

General Guidance:

- **Temperature:** Children must be fever-free for 24 hours before returning.
- **Broken Bones:** A risk assessment and medical advice are required prior to return.

Returning to Nursery:

- A child must be symptom-free and feeling well enough to participate in nursery activities before returning.
- Any child prescribed antibiotics must be absent for 48 hours after the first dose to ensure effectiveness and monitor reactions.
- Upon arrival, each child is checked by a staff member to screen for early signs of illness. The adult who brings the child must wait until the child has been accepted. This is for the child's protection.

ACCIDENT & INCIDENT MANAGEMENT

- **First Aid:** Administered by trained staff. If serious, emergency services and parents will be contacted immediately.
- **Documentation:** All accidents/incidents will be recorded and require parental signatures upon collection.
- **Temperature Monitoring Forms:** If a child develops a high temperature, their temperature will be monitored and recorded every 10 minutes. Parents must sign these forms upon collection.

In Case of Emergency:

- Senior staff may accompany a child to the hospital if a parent is delayed. Parents will be contacted and updated throughout.
- In cases of febrile convulsions, seizures, or anaphylactic shock, immediate medical assistance will be sought, and an EpiPen will be administered as needed.

TEMPERATURE MANAGEMENT

- **Monitoring:** Temperatures will be checked on arrival. If a child's temperature is 38°C or above, parents will be contacted, and the child must be collected.
- **Emergency Fever Relief:**
 1. Parents will be contacted if a child's temperature reaches 38°C or higher.
 2. Staff will take the following steps:
 - Offer a cold drink.
 - Remove excess clothing.
 - Minimise physical activity.

3. If parents are more than 30 minutes away, a single dose of Calpol will be administered (with prior written consent).
4. The child's temperature will be monitored every 10 minutes.
5. If the temperature exceeds 39°C, or the child's condition worsens, emergency services will be contacted.

MEDICATION ADMINISTRATION

- **Over-the-Counter Medication:** Requires daily written consent specifying dosage and timing.
- **Prescribed Medication:** Must have a prescription label with the child's name and dosage instructions. Administered only by senior staff with parental consent and documented in the medication log.
- **Emergency Medication:** Includes asthma inhalers, EpiPens, insulin pens, and antihistamines. Staff are trained to administer emergency medications, and risk assessments are completed where required.
- **Storage:** Medication will be securely stored in a locked cabinet or refrigerated if required.

Note: Medication refusals or vomiting after administration will be recorded, and no additional doses will be given without further parental consultation.

HEALTH CARE PLANS

For ongoing conditions, a Health Care Plan will be developed and reviewed every three months or as necessary. Parents must meet with the Nursery Manager to discuss care needs, and any staff training required will be arranged before the child's start date.

Asthma: Inhalers must be clearly labelled with the child's name and in-date.

Anaphylaxis: EpiPens will be stored securely, and staff will receive specific training.

Diabetes: Insulin pens will be administered under a detailed Health Care Plan.

Chronic Conditions: Regular medication will be administered in accordance with the child's Health Care Plan.



SUN PROTECTION POLICY

As a Sun Safe accredited nursery group, parents must apply sunscreen before their child's arrival. Nursery staff will reapply throughout the day with prior consent. Nivea products are prohibited due to potential allergen risks.

PARENTAL PARTNERSHIP

We value open communication with parents. In the event of illness or accidents, we will contact both parents (if co-parenting) or the next emergency contact if parents are unreachable.

Transport to Hospital: If a parent cannot arrive in time, a senior staff member will accompany the child, ensuring all necessary documentation and medication are taken.

COMPLIANCE

This policy is aligned with:

- COVID-19 Guidance Policy
- Sickness Exclusion Table
- Accident/Incident Forms
- Child Health Care Plans and Risk Assessments
- Sun Safe Guidelines

By adhering to these guidelines, we ensure a safe, supportive environment for every child at Blackberry House Day Nursery. Please contact the Nursery Manager with any questions or concerns.

VARIATION

Minor changes in detail may be made from time to time and will be affected by a general notice to parents and families. You will be given not less than one month's written notice before significant changes are made.

Such changes will be deemed to have been accepted unless the Company receives from you an objection in writing before the expiry of the notice period.