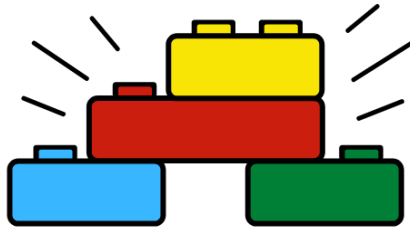


BRIGHT **BLOCKS** PRESCHOOL



ILLNESS AND INFECTION POLICY

At Bright Blocks Preschool, we believe that every child deserves the best possible start in life and the support that enables them to fulfil their potential. Our staff, volunteers, church community, parents and carers and anyone involved in our preschool community have an essential role to play in making it safe and secure. Our setting aims to create the safest environment within which every child has the opportunity to achieve their full potential and we take seriously our responsibility to promote the welfare of and safeguard all the children entrusted to our care.

This is a core policy that forms part of the induction for all staff. It is a requirement that all members of staff have access to this policy and sign to say they have read and understood its contents.

Date written: February, 2022

Date of last update: November, 2023

Date agreed and ratified by Bright Blocks Preschool Directors: November, 2023

Date of next full review: November, 2024

This policy will be reviewed at least annually and/or following any updates to national and local guidance and procedures.

Key Contacts

	Name	Contact information
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Parish Safeguarding Officer	Sally Shaw	0789 984 351

At Bright Blocks Preschool, we promote the good health of children attending nursery and take the necessary steps to prevent the spread of infection.

This policy has been devised to ensure that children who become unwell at nursery are treated sensitively and with respect. It also helps us to help us to protect other children and staff from illnesses and the spread of infection.

What are the latest rules around COVID-19 in schools, colleges, nurseries and other education settings?

Respiratory infections, including the common cold and COVID-19, are common in children and young people, particularly during the winter months. For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids.

Routine testing for [Covid-19](#) ended in April 2022 and UK Health and Security Agency (UKHSA) [guidance](#) says that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

Can my child go to school if they have Covid-19 symptoms?

As COVID-19 presents a low risk to children and young people, combined with high vaccination rates in the population, there are no longer specific rules relating to it in [schools](#), colleges, [childcare](#) and other education settings.

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to go to school, college or childcare.

However, those who are unwell and have a high temperature should stay at home and avoid contact with other people where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature, and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

What happens if a staff member or my child tests positive for COVID-19?

[UKHSA guidance](#) says that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

For children and young people aged 18 and under who are recommended to take a COVID-19 test by a health professional and test positive, **the advice is to try to stay at home and avoid contact with other people for three days.** This is because children and young people tend to be infectious to other people for less time than adults.

Adults with a positive COVID-19 test result are advised to try to stay at home and avoid contact with other people for five days, which is when they are most infectious.

The UKHSA has also published public health guidance on [living safely with respiratory infections, including COVID-19](#).

What measures should schools be taking to stop the spread?

As well as following the UKHSA guidance signposted, all settings should have in place baseline infection prevention and control measures that will help to manage the spread of infection:

- Reinforcing good hygiene practices such as regular hand washing and cleaning.
- Ensuring occupied spaces are well-ventilated and let fresh air in.
- Ensuring all eligible groups are enabled and supported to take up the [offer of national vaccination programmes including COVID-19 and flu](#)

Common Colds

We are happy to deal with common coughs and colds but if your child is unwell and, in our care, then you may be contacted to collect your child. You may also be contacted if your child is feeling or acting a little out of character (even if there is no temperature), this will enable you as a parent or guardian to work with us and make an informed decision as to whether it is best to monitor them or if you wish to collect immediately, as at times this can be the early stages of an underlying illness.

Prescribed Medication

If a child is prescribed medicine from their GP, they must be taking the medication for 24 hours before they can return to the setting. This is in case of any reactions the medicine may cause. If your child is unwell then we advise they stay at home. In the circumstance a child arrives looking unwell or showing symptoms of illness you will be advised to take them home. If your child requires ongoing medication, then we will need to update any medication forms every 3 months. Only management and room leaders are authorised to administer medication.

If a child requires medicine, we will obtain information about the child's needs to this (see Administration of Medication Policy)

High Temperature

If your child suffers from a high temperature, diarrhoea or is generally unwell whilst at Preschool you will be contacted to agree on allowing us to provide your child with the appropriate care e.g. providing Calpol to bring down the temperature. We will require you to collect your child immediately after the administration of Calpol and sign a Calpol administration form upon collection. As a rule, a temperature in children under 5 over 38°C is a fever.

If we suspect a child has a temperature the following steps will be followed:

- Take the child's temperature using the head scanner / in ear thermometer.
- Notify parent of temperature
- Record the temperature on a monitoring form.
- Attempt to reduce body temperature slowly – removing excess layers of clothing, opening a window, etc.
- Ensure the child is drinking water.

The child's temperature will be taken in regular intervals if displaying signs of being unwell. If the temperature is 38°C or above, parents will be asked to come and collect the child.

High temperatures can be extremely dangerous and cause convulsions.

In emergency cases the manager will seek advice from a medical professional (111 or pharmacist) to authorise administering emergency Calpol to reduce a high fever when children become very poorly, this is dependent of the parents' given permission and agreeing to collect their child immediately.

Reactions & Allergies

If your child is requiring antihistamines e.g. Piriton whilst in our care, we will contact you to arrange a dose to be given. We would require you to collect your child immediately and sign a child collection form which will state the dose of Piriton given. If your child requires antihistamines to manage an allergy, we can only administer this if it has been prescribed by a medical professional and the Nursery Manager will work with you to arrange their return to the setting. An allergy care plan would also need completing and then reviewed/updated every three months.

Managing infectious or contagious illness or disease

The Manager is not allowed to admit any children onto the premises who appear to be suffering from an infectious or contagious illness or disease. Bright Blocks Preschool follows the guidance from the Public Health England, however we do reserve the right to refuse children into nursery if they have an illness that is contagious and will have an impact on the well-being of the rest of the children and staff.

Please do not bring children who are unwell into the nursery as they will be sent home upon arrival. This includes children that have had Calpol before entering the premises as this could mask symptoms of an illness or infectious diseases.

This guidance refers to public health exclusions to indicate the time period an individual should not attend a setting to reduce the risk of transmission during the infectious stage.

Infection	Exclusion period	Comments
Athlete's foot	None	Individuals should not be barefoot at their setting (for example in changing areas) and should not share towels, socks or shoes with others.
Chickenpox	At least 5 days from onset of rash and until all blisters have crusted over.	Pregnant staff contacts should consult with their GP or midwife.
Cold sores (herpes simplex)	None	Avoid kissing and contact with the sores.
Conjunctivitis	None	If an outbreak or cluster occurs, contact your local UKHSA health protection team .
Respiratory infections including coronavirus (COVID-19)	Individuals should not attend if they have a high temperature and are unwell. Individuals who have a positive test result for COVID-19 should not attend the setting for 3 days after the day of the test.	Individuals with mild symptoms such as runny nose, and headache who are otherwise well can continue to attend their setting.
Diarrhoea and vomiting	Individuals can return 48 hours after diarrhoea and vomiting have stopped.	If a particular cause of the diarrhoea and vomiting is identified, there may be additional exclusion advice, for example E. coli STEC and hep A. For more information, see Managing outbreaks and incidents .
Diphtheria*	Exclusion is essential. Always contact your local UKHSA health protection team .	Preventable by vaccination. For toxigenic Diphtheria, only family contacts must be excluded until cleared to return by your local UKHSA health protection team .
Flu (influenza) or influenza like illness	Until recovered	Report outbreaks to your local UKHSA health protection team .

Infection	Exclusion period	Comments
		For more information, see Managing outbreaks and incidents .
Glandular fever	None	
Hand foot and mouth	None	Contact your local UKHSA health protection team if a large number of children are affected. Exclusion may be considered in some circumstances.
Head lice	None	
Hepatitis A	Exclude until 7 days after onset of jaundice (or 7 days after symptom onset if no jaundice).	In an outbreak of hepatitis A, your local UKHSA health protection team will advise on control measures.
Hepatitis B, C, HIV	None	Hepatitis B and C and HIV are blood borne viruses that are not infectious through casual contact. Contact your local UKHSA health protection team for more advice.
Impetigo	Until lesions are crusted or healed, or 48 hours after starting antibiotic treatment.	Antibiotic treatment speeds healing and reduces the infectious period.
Measles	4 days from onset of rash and well enough.	Preventable by vaccination with 2 doses of MMR. Promote MMR for all individuals, including staff. Pregnant staff contacts should seek prompt advice from their GP or midwife.
Meningococcal meningitis* or septicaemia*	Until recovered	Meningitis ACWY and B are preventable by vaccination. Your local UKHSA health protection team will advise on any action needed.
Meningitis* due to other bacteria	Until recovered	Hib and pneumococcal meningitis are preventable by vaccination. Your local UKHSA health protection

Infection	Exclusion period	Comments
		team will advise on any action needed.
Meningitis viral	None	Milder illness than bacterial meningitis. Siblings and other close contacts of a case need not be excluded.
MRSA	None	Good hygiene, in particular handwashing and environmental cleaning, are important to minimise spread. Contact your local UKHSA health protection team for more information.
Mumps*	5 days after onset of swelling	Preventable by vaccination with 2 doses of MMR. Promote MMR for all individuals, including staff.
Ringworm	Not usually required	Treatment is needed.
Rubella* (German measles)	5 days from onset of rash	Preventable by vaccination with 2 doses of MMR. Promote MMR for all individuals, including staff. Pregnant staff contacts should seek prompt advice from their GP or midwife.
Scabies	Can return after first treatment.	Household and close contacts require treatment at the same time.
Scarlet fever*	Exclude until 24 hours after starting antibiotic treatment.	Individuals who decline treatment with antibiotics should be excluded until resolution of symptoms. In the event of 2 or more suspected cases, please contact your local UKHSA health protection team .
Slapped cheek/Fifth disease/Parvovirus B19	None (once rash has developed)	Pregnant contacts of case should consult with their GP or midwife.
Threadworms	None	Treatment recommended for child and household.

Infection	Exclusion period	Comments
Tonsillitis	None	There are many causes, but most cases are due to viruses and do not need or respond to an antibiotic treatment.
Tuberculosis* (TB)	<p>Until at least 2 weeks after the start of effective antibiotic treatment (if pulmonary TB).</p> <p>Exclusion not required for non-pulmonary or latent TB infection.</p> <p>Always contact your local UKHSA health protection team before disseminating information to staff, parents and carers, and students.</p>	<p>Only pulmonary (lung) TB is infectious to others, needs close, prolonged contact to spread.</p> <p>Your local UKHSA health protection team will organise any contact tracing.</p>
Warts and verrucae	None	Verrucae should be covered in swimming pools, gyms and changing rooms.
Whooping cough (pertussis)*	2 days from starting antibiotic treatment, or 21 days from onset of symptoms if no antibiotics	<p>Preventable by vaccination.</p> <p>After treatment, non-infectious coughing may continue for many weeks. Your local UKHSA health protection team will organise any contact tracing.</p>

Staff Illness

On the rare occasion that all staff become ill, all parents will be contacted to let them know the setting will be closed. As we will be working with practitioners, we will be able to accommodate most children, so this is unlikely to happen.

Respiratory Illness Policy

Bright Blocks Preschool recognises the importance of maintaining the health and wellbeing of our staff and children, therefore, we have measures in place to reduce the potential for transmission of respiratory illnesses, including Covid-19.

Symptoms of respiratory illness can include:

- A new, continuous cough
- High temperature/fever/chills
- Loss or change in sense and smell
- Shortness of breath
- Unexplained tiredness or lack of energy
- Muscle aches and pains
- Headache that lasts longer than normal or feels unusual
- Sore throat
- Blocked/runny nose

Our measures in place to manage respiratory illness include:

- Increase ventilation where possible e.g. open windows, use outside spaces
- Maintaining high standards of hygiene
- Suitable and sufficient hygiene facilities are provided
- Hand sanitisers provided
- Facilities/resources are sterilised on a regular basis
- Encourage and enable staff to receive relevant vaccinations e.g. Covid-19 / flu
- Individuals who are vulnerable to respiratory illness will have personal care plans/risk assessments.

In addition to these control measures we will also follow our Illness & Infection and government guidance on Communicable Diseases & Infection Policies as well as a contingency Plan (if needed).

If children are unwell/have a temperature, they must stay at home until the fever has passed and they are feeling well in themselves and seek medical advice when needed/advised.

Employees are responsible for managing their own health and wellbeing and if they feel they are not well enough to work they must follow our Staff Absence Policy and seek medical advice if needed.

Bright Blocks will continue to follow Government Guidance and update this policy when required.