

## 04 Health procedures

### 04.5 Poorly children

- If a child appears unwell during the day, for example has a raised temperature, sickness, diarrhoea or pains, particularly in the head or stomach then the setting Manager(s) calls the parents and asks them to collect the child or send a known carer to collect on their behalf.
- If a child has a raised temperature, they are kept cool by removing top clothing, sponging their heads with cool water and kept away from draughts.
- A child's temperature is taken and checked regularly.
- If a child's temperature does not go down, and is worryingly high, then Calpol may be given after gaining verbal consent from the parent where possible. This is to reduce the risk of febrile convulsions. Parents sign the medication record when they collect their child. **Calpol only to be given if parent is a significant distance away from the setting, temperature is extremely high or rising at an alarming rate.**
- In an emergency an ambulance is called and the parents are informed.
- Parents are advised to seek medical advice before returning them to the setting; **the setting can refuse admittance to children** who have a raised temperature, sickness and diarrhoea or a contagious infection or disease.
- Where children have been prescribed antibiotics or any medication for an infectious illness or complaint, parents are asked to keep them at home for **48 hours**. This is different to PHE guidance but this is Beech Green Nursery policy. Staff will be assessed on a case by case basis, taking into consideration their well being.
- Parents are asked to **keep their child off for 24 hours after** having a temperature. The child needs to be temperature, paracetamol and ibuprofen free for this time as these medications can mask illnesses.
- After diarrhoea or vomiting, parents are asked to keep children home for 48 hours following the last episode. Staff episodes will be treated the same for a suspected bug, however Managers can use discretion for any other potential causes i.e. hormonal imbalance, ongoing stomach issues etc.
- Some activities such as sand and water play and self-serve snack will be suspended for the duration of any outbreak.
- The setting has information about excludable diseases and exclusion times. However Beech Green Nursery have take the decision to implement an exclusion policy for Hand Foot and Mouth. Due to its highly contagious nature, you will be asked to keep your child off Nursery until all blisters, anywhere on the body, have healed fully (the same as chicken pox).

- The Managers are notified if there is an outbreak of an infection (affects more than 3-4 children) and keeps a record of the numbers and duration of each event.
- The setting manager has a list of notifiable diseases and contacts Public Health England (PHE) and Ofsted in the event of an outbreak.
- If staff suspect that a child who falls ill whilst in their care is suffering from a serious disease that may have been contracted abroad such as Ebola, immediate medical assessment is required. The setting managers or leader calls NHS111 and informs parents.
- The setting have the right to refuse entry to any child they feel is not well enough to attend, regardless of whether said child has a raised temperature. If whilst in our care, the child seems unwell/not themselves, a staff member will call parent/carer to collect.

### **HIV/AIDS and other viruses procedure**

HIV virus, like other viruses such as Hepatitis, (A, B and C), are spread through body fluids. Hygiene precautions for dealing with body fluids are the same for all children and adults.

- Single use vinyl gloves and aprons are available when changing children's nappies, pants and clothing that are soiled with blood, urine, faeces or vomit.
- Protective rubber gloves are available for use for cleaning/sludging clothing after changing.
- Soiled clothing is bagged for parents to collect.
- Spills of blood, urine, faeces or vomit are cleared using mild disinfectant solution and mops; cloths used are disposed of with clinical waste.
- Tables and other furniture or toys affected by blood, urine, faeces or vomit are cleaned using a disinfectant.
- Toys that are "mouthed" are kept clean and cleaned regularly.

### **Nits and head lice**

- Nits and head lice are not an excludable condition; although in exceptional cases parents may be asked to keep the child away from the setting until the infestation has cleared.
- On identifying cases of head lice, families may be informed and asked to treat their child and all the family, using current recommended treatments methods if they are found.

### **Safer Sleeping**

- Babies and children must be placed down to sleep safely. For 2 year olds and under, providers must ensure that: Children are placed down on their back in their own separate sleep space on a firm flat surface such as a cot, mattress on the floor, or bed.

- Car seats / alternative sleep spaces Products like hammocks, nests or pods, car seats, swings and bouncers are not firm and flat and are not usually designed or recommended as sleeping places. Babies may be at risk of breathing difficulties if they sleep while sitting in an upright position for too long. Sitting devices like car seats and bouncers can increase the risk of asphyxia or strangulation due to the lack of head/ neck support. It is OK for baby to fall asleep in a bouncer, push chair or car seat etc, but they should be taken out as soon as practical, and placed onto a firm, flat surface to sleep. Practitioners should also consider the child's sleeping position if a child falls asleep in a pushchair and we would recommend moving the child to a firm, flat surface as above.
- We will no longer accept sleeping children into the setting. This is due to factors such as; masking illnesses, child not being themselves but setting not knowing anything is wrong upon drop off, therefore cannot do a deeper dive into their wellbeing with parents. A sleeping child may not always be a sleepy child, but one whom is becoming very unwell. We would prefer you to be late to your Nursery session, to ensure your child has woken up effectively and is their 'normal' self.

### **Paracetamol based medicines (e.g. Calpol)**

The use of paracetamol-based medicine may not be agreed in all cases. **The setting cannot take bottles of non-prescription medicine from parents to hold on a 'just in case' basis, unless there is an immediate reason for doing so. Settings do not normally keep such medicine on the premises as they are not allowed to 'prescribe'.** However, given the risks to young children of high temperatures, insurers may allow minor infringement of the regulations as the risk of not administering may be greater. Ofsted is normally in agreement with this. In all cases, parents of children must sign to say they agree to the setting administering paracetamol-based medicine in the case of high temperature on the basis that they are on their way to collect. Such medicine should never be used to reduce temperature so that a child can stay in the care of the setting for a normal day.

*Whilst the brand name Calpol is referenced, there are other products which are paracetamol or Ibuprofen based pain and fever relief such as Nurofen for children over 3 months.*

### **Further guidance**

**The Lullaby Trust**

**Updated EYFS guidance 2026**

Good Practice in Early Years Infection Control (Pre-school Learning Alliance 2009)

Medication Administration Record (Early Years Alliance 2019)

Guidance on infection control in schools and other childcare settings (Public Health Agency)

[https://www.publichealth.hscni.net/sites/default/files/Guidance\\_on\\_infection\\_control\\_in%20schools\\_poster.pdf](https://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf)