

Child Illness and Medication Policy

At Perfect Start Day Nurseries, our priority is the safety and well-being of the children in our care. This policy outlines how we promote the good health of children and how we respond to children who are ill or infectious and what steps we take to prevent the spread of infection.

Unwell children, including sudden illness/temperatures

- Children are not permitted to come into nursery (or will be sent home from nursery) if they are too unwell to take part in normal daily activities. It is at the Nursery Manager's (or person in charge of the nursery) sole discretion whether a child is too unwell to be at nursery.
- If a child develops a sudden illness at nursery, the parents will be contacted. If for any reason the parent cannot be contacted, the nursery will phone NHS direct (111) for advice.
- If there is a concern about a child's temperatures at nursery, this should be checked by using the in-ear thermometer onsite.
- The NHS does advise that children with a high temperature should be kept at home.
- If a child develops a sudden high temperature (38°C or above) whilst at nursery, a member of the management team will be notified and be responsible for overseeing the child's temperature control. Then the nursery will attempt to reduce the child's temperature (see how this is carried out in the section 'reducing a child's temperature' below) parents will be contacted to ask permission for us to administer liquid paracetamol (Calpol).
- The nursery staff member contacting the parent about their child's temperature must ask the parent:
 - (i) When their child was last given medication and what medication was given.
 - (ii) Confirm with the parent the dosage that we will be administering, following the manufacturers guidelines. (If a parent requests that their child is given less than the manufacturers guideline we are able to give this. We can not administer over the manufacturer's guidelines).

The above is to be recorded on the Emergency Medication Form.

- A parent must provide us with prior written consent to administer liquid paracetamol. If the parent did not sign permission on registration at the nursery, they can provide an email/scan a signed copy of the emergency medication consent form.
- If a parent refuses permission to give liquid paracetamol, the child must be collected from nursery immediately. If during this time the Nursery Manager is concerned about the child's health they should call 111 for advice.

- If a child is administered liquid paracetamol and the temperature does not reduce within 45 minutes, then the parent/carer will be contacted to collect the child.
- Liquid paracetamol (Calpol) can only be administered at nursery for sudden temperatures and no other reason, unless it has been advised by a medical professional. Nursery Managers must check with a member of the Senior Management Team ahead of administering Calpol for any form of pain relief.
- A bottle of antihistamine medication (such as Piriton) is kept at nursery and can only be administered in the event of a reaction and if authorised by a parent or medical professional in the case of a medical emergency. If we cannot contact parent/s in the event of a reaction, the Nursery Manager will call 111 for advice.
- A bottle of liquid ibuprofen (Nurofen) is kept at nursery and can only be administered if authorised to do so by a medical professional, in the event of an emergency.
- We cannot give liquid paracetamol for more than 3 consecutive days, parents will be required to consult with a medical professional (in accordance with manufacturers guidelines).
- All medication on site must be within the expiry date and checked before being administered to a child. The expiry date is recorded on the Emergency Medication form.
- The dosage of liquid paracetamol given in the case of a sudden temperature must go by the instructions given on the medication bottle by the manufacturer, i.e: children aged 'X' months can have 'X' ml of the medication.
- For exclusion periods of infectious diseases, (including chicken pox and sickness/diarrhoea), we adhere to the guidance given by Health Protection Agency/Public Health England. A copy of this guidance is available at the nursery.
- Cleaning procedures support to minimise the spread of infection inline with our infection control procedures.
- Any children suffering from a rash should be kept at home until a doctor has certified that the symptoms have disappeared or are not contagious. If you are in any doubt as to whether a child will be accepted with an illness, parents should contact the nursery before leaving home. If a child develops a rash whilst at nursery, then the child's parents will be contacted to ask them to remove the children from nursery and seek immediate medical advice.
- On occasions we may request that a child is seen by a medical professional to check that the child does not have a contagious illness or requires any medical treatment. The medical professional who treats the child should not be a family member (following the General Medical Council guidelines).

Procedure if parents are uncontactable when a child has a high temperature

- In all cases of children experiencing a high temperature we will make attempts to contact parents to advise them of their child's high temperature and to ask for permission to give liquid paracetamol.
- It is the parents responsibility to notify nursery staff if their child has been given any medication prior to attending nursery. Nursery staff will record in the rooms communication book of what medication has been given and the time it was given.
- If a parent/s cannot be contacted (and they have given prior written consent to administer medication), the Nursery Manager can make the decision to administer liquid paracetamol following the manufacturers guidelines. The child must have been in nursery for a minimum of 4 hours.
- If a child has been in nursery for less than 4 hours and parent/s are uncontactable, the Nursery Manager should call 111 for advice.
- If a parent/s have not given prior written consent to administer liquid paracetamol and they cannot be contacted, then the Nursery Manager should call 111 for advice.
- The Nursery Manager will inform a Member of the Senior Management Team of any event as above.

Reducing a child's temperature

If a child develops a temperature at nursery, the following should be followed:

- Give the child plenty of water to drink
- Look out for [signs of dehydration](#)
- Give the child food if they want it
- Ensure that the child's temperature and well-being is monitored
- Administer liquid paracetamol (Senior Staff only)

- Do not undress the child or sponge them down to cool them – a high temperature is a natural and healthy response to infection
- Do not cover up the child in too many clothes or bedclothes
- Do not give aspirin to children under 16 years of age
- Do not combine ibuprofen and paracetamol, unless advised by a GP
- Do not give paracetamol to a child under 2 months
- Do not give ibuprofen to a child under 3 months or under 5kg
- Do not give ibuprofen to children with [asthma](#) unless it's been recommended by a GP.

Prescribed medication

- Prescribed medicines must be accompanied by a prescription label either on the box or the bottle of medicine and medicine cannot be given to a child without this. The medicine must be within the expiry date given by the manufacturer and prescription period stated on the medication label from the doctor.
- For prescribed medication, the staff member will sign the medicine bottle into the nursery, with the parent, on the medication form. This must include the reason why the medication is needed.
- Medication will only be administered as per the prescription label, including the dose to be given.
- Teething gel or granules will only be accepted if prescribed by a doctor. Please note that the NHS do advise that there is no evidence that teething gels are effective in the treatment of teething.
- Any herbal remedies will only be administered if prescribed by a doctor (including herbal teething remedies).
- Any child being prescribed antibiotics must remain absent from nursery for 24 hours following the first administered dose to enable the medication to take effect.
- Medication will only be administered by a member of the nursery management team, witnessed by another staff member. Each staff member who is authorised to give medicine must undergo the Perfect Start Medicine training before administering medicine.
- Medication will be stored in the nursery as per the instructions given on the label. Medication stored at room temperature will be stored in the medicine box in the office (with the exception of soft based eczema creams, these can be stored in a box in the bathroom or nappy change area).
- If medication is required to be stored in a fridge, it will be stored in a fridge out of the children's room.
- Only medication with a prescription label in English will be given.
- It is the responsibility of the staff to inform a member of the management team that medication is required to be given.

Long Term Medication

Emergency medication such as an epi pen will be stored securely in each child's red emergency medication bag in the room in which they are based in. Staff will also be assigned a red emergency medication bag if they have emergency medication, to be stored in the room in which they are working in. Emergency medication bags will contain the child's health care plan form and a photo will be attached to the bag for easy identification.

If a child's emergency medication needs to be stored in a fridge, the Nursery Manager will decide which closest fridge is suitable.

Appropriate training will be given to those members of staff involved, should a child require specific medication such as an inhaler or epi pen. Should a child require an EpiPen, an EpiPen (in date) will be compulsory to have on site.

Medical Emergencies

The Manager or Deputy reserves the right to remove a child to hospital in an emergency with the aid of emergency services.

Parents are requested to complete the relevant consent forms in relation to emergencies and medication upon joining the Nursery.

Communicable diseases

There are certain diseases that we as a nursery are obliged to notify the Health Protection Agency of. These diseases include scarlet fever, meningitis C, mumps, food poisoning and measles. A complete list is available in the nursery.

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