



Managing children who are sick, infectious or with allergies Policy

Statement

The Life Nursery aim to provide care for all children through preventing cross infection of viruses, bacterial infections and promoting health through identifying allergies and preventing contact with the allergenic trigger.

Procedure for children who are sick or infectious

Children should not attend nursery if they are unwell. We will follow these procedures to ensure the welfare of all children within the nursery

- If a child becomes ill during the nursery day, their parents/carers will be contacted and asked to pick their child up as soon as possible. During this time the child will be cared for in a quiet, calm area with a member of staff.
- If a child has a high temperature they will be kept cool by removing top clothing. A temperature will be taken using either an underarm thermometer which is kept in the first aid box or UV thermometer. Parents will be notified.
- Should a child have an infectious illness, such as sickness and diarrhoea, they should not return to nursery until they have been clear for at least 48 hours from the last bout of illness.
- It is vital that we follow the advice given to us by our registering authority Department of Health and Public Health England and exclude specific contagious conditions, e.g. sickness and diarrhoea, chicken pox, slapped cheek including COVID-19, to protect the other children in the nursery and staff. Illnesses of this nature are very contagious and it is unfair to expose other children to the risk of an infection and may have a negative effect on the early stages of pregnancy in some cases.
- If a contagious infection is identified in the nursery, parents will be informed to enable them to spot the early signs of this illness. All equipment and resources that may have come into contact with a contagious child will be cleaned and sterilised thoroughly to reduce the spread of this infection. Sand, play dough and water play will be removed from the area to prevent contamination.
- Should there be a positive COVID-19 case in nursery, government guidance will be followed.

- In the case of conjunctivitis, we ask parents to collect their child, visit the G.P or pharmacy and then administer the treatment before returning to nursery.
- We have a list of excludable diseases and current exclusion times as part of this policy and is displayed on the parent information board.

Reporting of 'notifiable diseases'

- If an adult or child is diagnosed with a 'notifiable disease' under the Health Protection (Notification) Regulations 2010, the GP will report this to Public Health England.
- When the Life Nursery become aware or are formally informed of the notifiable disease, The Manager will inform Ofsted and contact the Public Health Agency and act on any advice given.
- If deemed necessary, The Manager or Deputy Manager MUST inform all parents/carers as soon as possible.

Meningitis procedure

If a parent informs the nursery that their child has meningitis, the nursery Manager will contact the Infection Control Nurse and OFSTED. The IC Nurse will give guidance and support in each individual case. If parents do not inform the nursery, we will be contacted directly by the IC Nurse and the appropriate support will be given.

HIV/AIDS/Hepatitis procedure

HIV virus like other viruses such as Hepatitis A, B and C are spread through bodily fluids. Hygiene precautions for dealing with bodily fluids are the same for all children and adults. The Life Nursery will:-

- Wear single-use vinyl gloves and aprons when changing children's nappies, pants and clothing that are soiled with blood, urine, faeces or vomit.
- Bag soiled clothing for parents to take home for cleaning.
- Clear spills of blood, urine, faeces or vomit by using mild disinfectant solution and mops, any cloths used are disposed of with the clinical waste.
- Clean any tables and other furniture, furnishings or toys affected by blood, urine, faeces or vomit using a disinfectant.

Diabetes

The Life Nursery will manage a child's diabetes appropriately by:-

- All staff receiving appropriate training from a trained professional in managing a child's diabetes

- Ensure an in depth care plan is in place and all staff understand the content and feel confident in administering insulin when needed
- When administering insulin or checking blood levels, there will always be two members of staff present
- Gloves will be worn by staff at all times
- Blood levels and insulin given will be recorded and signed by two members of staff
- Needles and the blood test strip MUST be disposed of in the sharps bin and once full, given to parent
- The child must be supervised at all times and all staff must listen out for the notifications from the DEXCOM
- All staff must monitor grams of food and ensure the child does not eat more food than they should

Nits and Head Lice

- Nits and headlice are not an excludable condition; although in exceptional cases The Life Nursery may ask a parent to keep the child away until the infestation has cleared.
- On identifying cases of head lice, The Life Nursery will inform all parents and ask them to treat their child and all the family.

Hand Foot and Mouth

- Hand Foot and Mouth is not an excludable condition; although in exceptional cases The Life Nursery may ask a parent to keep their child at home until the disease has cleared to prevent more cases in the nursery.

Cold Sores

- Cold sores are not an excludable condition, although in exceptional cases The Life Nursery may ask a parent to keep their child away until the cold sore has cleared to prevent spreading to other children and resources. Children are touching their faces and mouths all the time and it is hard for children not to do this.

Conjunctivitis

- Conjunctivitis is not an excludable condition, although in exceptional cases The Life Nursery may ask a parent to keep their child away until the conjunctivitis has cleared to prevent spreading to other children and resources.

Procedures for children with allergies

The Life Nursery are aware that children who attend may suffer from allergies and intolerances of all kinds ranging from foods, animals, products and pollen and we believe that these should be treated seriously and dealt with in the appropriate and professional manner.

The Life Nursery accepts no responsibility for a completely allergen free environment, however, we will minimize the risk of exposure, encourage parents to share these with staff to enable us to plan effective responses to possible emergencies.

The Early Years Foundation Stage (EYFS) 2025 (3.64) states “before a child is admitted to the setting the provider must obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has and any special health requirements”.

Aim

- All staff will have attended Paediatric First Aid training which includes food allergies, recognising allergic reactions and what we need to do in an emergency.
- The Life Nursery will work in partnership with our parents/carers and any health care professional involved with the child and family in writing a risk assessment and plan for the child.
- All staff will be aware of any medication that the child is prescribed and this will be stored as per the medication label.
- Staff will receive any appropriate training in administering adrenaline auto-injectors, such as EpiPens and this is also included in the Paediatric First Aid training.
- Should a child attend nursery with for example, diabetes, appropriate training by a health professional will be sought.
- There will be an allergy and dietary requirement record of the child displayed in the kitchen area for staff, together with a photo of the child. In addition, all allergies are detailed on the admission form and locked securely in the office.
- The Life Nursery will attend Food Hygiene training during the induction period and will adhere to the food hygiene requirements
- We will ensure that all snack provided will be either fruit, vegetables or foods in packaging with ingredients listed. Any foods brought into nursery from a parent for example, party days, this must also be packaged and unopened. Should a child bring into nursery food which is not packaged or labelled eg. a home-made birthday cake, this will be handed out to children to take home with them at the end of the session.
- Staff will ensure that effective handwashing takes place at all times and role model this to children.
- The Life Nursery endeavours to check recipes and labelling for allergens if trying new foods
- Staff will ensure that any allergen information on snacks provided is available for parents should this be required.
- No child will ever be excluded from any activity due to a food allergy and alternatives will be provided. Extra care is taken to ensure all children can participate.
- If a child has an allergy a risk assessment will be completed with the following details:-
 - The allergen (ie the substance, material or living creature the child is allergic to such as nuts, eggs, bee stings, cats, dairy etc)
 - The nature of the allergic reaction eg anaphylactic shock reaction, including rash, reddening of skin, swelling and breathing problems
 - What to do in case of an allergic reaction, any medication used and how it is to be used (eg EpiPen)

- Control measures – such as how the child can be prevented from contact with the allergen
- Review our daily activities
- The risk assessment is kept in the children's file and a copy displayed where staff can see it (ie kitchen).
- No nuts or nut products are used within The Life Nursery. However, staff cannot guarantee that foods will not contain traces of nuts.
- Parents are advised (see snack policy) that no nuts or nut products are to be brought into nursery (ie party food or lunch boxes).

Insurance requirements for children with allergies and disabilities

- If necessary, The Life Nursery insurance will include any children with any disabilities or allergies, but certain procedures must be strictly adhered to. For children suffering life threatening conditions or requiring invasive treatments, written confirmation from The Life Nursery's insurance provider must be obtained to extend the insurance.
- At all times The Life Nursery ensures that the administration of medication is compliant with the Safeguarding and Welfare Requirements of the Early Years Foundation Stage.

Oral medication

- Asthma inhalers are regarded as 'oral medication' by insurers and so documents do not need to be forwarded to The Life Nursery's insurance provider. Oral medications must be prescribed by a GP and have the manufacturer's instructions clearly written on them.
- The Life Nursery must be provided with clear written instructions on how to administer such medication.
- The Life Nursery adhere to all risk assessment procedures for the correct storage and administration of the medication.
- The Life Nursery must have the parents/carers signed consent. This consent must be kept on file.

Life-saving medication and invasive treatments:

These include adrenaline injections (Epipens) for anaphylactic shock reactions (caused by allergies to nuts, eggs etc) or invasive treatments such as rectal administration of Diazepam (for epilepsy).

The Life Nursery must have:

- A letter from the child's GP/consultant stating the child's condition and what medication if any is to be administered;

- Written consent from the parent or carer allowing for The Life Nursery staff to administer medication; and
- The Life Nursery staff to have the appropriate training in the administration of such medication by the child's GP, a district nurse, children's nurse specialist or a community paediatric nurse
- The Life Nursery MUST adhere to the child's personal Care Plan and not have a child attend nursery without a plan

A named person for special needs children requiring assistance with tubes to help them with everyday living eg. Breathing apparatus, to take nourishment, colostomy bags etc

- Prior written consent must be obtained from the child's parent or carer to give treatment and/or medication prescribed by the child's GP
- The named person must have the relevant medical training/experience, which may include receiving appropriate instructions from parents or carers

Transporting children to hospital procedure

1. In extreme cases of an emergency the Manager or Deputy Manager will call for an ambulance and parents will be informed.
2. Staff of The Life Nursery WILL NOT attempt to transport the sick child in their own vehicle.
3. Whilst waiting for the ambulance, The Manager or Deputy Manager will contact the parent/carers and arrange to meet them at the nursery if possible, but if this is not possible, parents to meet the Manager or Deputy Manager at the hospital.
4. The Manager or Deputy Manager must accompany the child and collect together registration forms, relevant medication sheets, medication and the child's comforter. A member of the Board of Directors must also be informed immediately.
5. The Manager/Deputy will ensure that the correct staff to child ratios are in place in the event of them needing to go to hospital with the child.
6. Remain calm at all times.

In the event of an epidemic or pandemic – separate policies will apply with reference to government guidance

Reviewed by Louise Gray, Nursery Manager – September 2025
Policy read and agreed by:

Name	Date
