

2.4 Managing children who are sick, infectious or with allergies policy

Policy statement

At Perins Pre-School, we promote the good health of all children attending, including oral health by:

- Asking visitors, and staff to not attend if unwell.
- Helping children to keep healthy by providing balanced and nutritious snacks.
- Having areas for rest and sleep.
- Minimising infection through our rigorous cleaning and hand-washing processes
- Asking parents to keep children at home if they are unwell. If a child is unwell, it is in their best interest to be in a home environment rather than at pre-school with their peers.

We aim to provide care for healthy children through preventing cross infection of viruses and bacterial infections and promote health through identifying allergies and preventing contact with the allergenic trigger. To help keep children healthy and minimise infection, we do not expect children to attend if they are unwell. If a child is unwell, it is in their best interest to be in a home environment.

Procedures for children who are sick or infectious

To take appropriate action of children who become ill and to minimise infection, we will implement the following procedures:

- If children appear unwell during the day – for example, if they have a temperature, sickness, diarrhoea, or pains, particularly in the head or stomach, the manager on duty will call the parents and ask them to collect the child. If a child has a temperature, they are kept cool, by removing top clothing and sponging their heads with cool water but kept away from draughts. The child's temperature is taken using a forehead scanner thermometer, kept in the first aid cupboard. If the child's temperature does not go down and is worryingly high, then we may give them paracetamol, after first obtaining verbal consent from the parent where possible. This is to reduce the risk of febrile convulsions. Parents are required to collect their child within one hour. Parents sign the medication record when they collect their child.
- We have the right to refuse admission to a child who is unwell. This decision will be taken by the manager on duty and is non-negotiable.
- We inform all parents/carers if there is a contagious infection identified in the setting.
- We notify Ofsted as soon as reasonably practical but in any event within 14 days of any incident of food poisoning.
- We follow the guidance published by UK Health Security Agency for managing specific infectious diseases and advice from our local health protection unit on exclusion times for specific illnesses.
- Should a child have an infectious disease such as sickness and diarrhoea, they must not return to pre-school until they have been clear for at least 48 hours.
- Sharing Information with parents about the importance of the vaccination programme for young children to help protect them and the wider society from communicable diseases.
- We inform all parents if there is a contagious infection identified in the pre-school to enable them to spot early signs of this illness.
- We ask parents to keep children on prescribed medication at home for the first 24 hours of the course (unless this is part of an ongoing care plan to treat individual medical conditions and the child is not unwell).

Meningitis procedure

If a parent informs the setting that their child has meningitis, the manager will contact the Infection Control (IC) Nurse for their area. 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. We will follow all guidance given and notify any of the appropriate authorities including Ofsted if necessary.

Infection Control Advice (Basingstoke and North Hampshire) 01256 486774
Royal Hampshire County Hospital 01962 825170 or 01962 824483

We will follow the transporting children to hospital procedure in any cases where children may need hospital treatment.

The manager/deputy manager must:

- Inform the Health and Safety Manager for Perins immediately.
- Call 999 for an ambulance immediately if the illness is severe. DO NOT attempt to transport the unwell child in your own vehicle.
- Follow the instructions from the 999-call handler.
- Whilst waiting for the ambulance, a member of staff must contact the parent(s) and arrange to meet them at the hospital.
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children.
- Arrange for the most appropriate member of staff to accompany the child taking with them any relevant information such as registration forms, relevant medication sheets, medication, and the child's comforter.
- Always remain calm. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

Allergies and allergic reactions

At Perins Pre-School, we are aware that children may have or develop an allergy resulting in an allergic reaction.

We aim to ensure allergic reactions are minimised or, where possible, prevented and that staff are fully aware of how to support a child who may be having an allergic reaction.

Our procedures

- All staff are made aware of the signs and symptoms of a possible allergic reaction in case of an unknown or first reaction in a child. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth and/or tongue, swelling of the airways to the lungs, wheezing and anaphylaxis. Staff are trained in appropriate treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods
- Before a child is admitted to the setting we obtain information about special dietary requirements, preferences, food allergies and intolerances that the child has
- We have ongoing discussions with parents and, where appropriate, health professionals to develop allergy plans for managing any known allergies and intolerances. We ask parents to inform staff of any allergies or intolerances discovered after registration
- We share all information with all staff involved in the preparing and handling of food, including at mealtimes and snack times
- Where a child has a known allergy, the manager on duty will carry out a full allergy risk assessment with the parent prior to the child starting the pre-school and/or following notification of a known allergy and this assessment is shared with all staff. This may involve displaying photos of the children along with their known allergies in the kitchen or nursery rooms, where applicable
- All food prepared for a child with a specific allergy is prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with this specific food type, e.g. nuts, gluten
- At each mealtime and snack time we ensure staff are clear who is responsible for checking that the food being provided meets all the requirements for each child
- Seating is monitored for children with allergies. Where deemed appropriate, staff will sit with children who have allergies and, where appropriate, staff will discuss food allergies with the children and the potential risks
- If a child has an allergic reaction to food, a bee or wasp sting, plant etc. a paediatric first aid trained member of staff will act quickly and administer the appropriate treatment, where necessary. We will inform parents and record the information in the incident book and on the allergy register
- If an allergic reaction requires specialist treatment, e.g. an EpiPen, then at least two members of staff working directly with the child and the manager will receive specific medical training to be able to administer the treatment to each individual child.

Food Information Regulations (FIR) 2014

We incorporate additional procedures in line with the FIR, including displaying our weekly menus on the parent information board, website or online system identifying any of the 14 allergens that are used as ingredients in any of our dishes.

In the event of a serious allergic reaction and a child needing transporting to hospital

The manager on duty will:

- Call for an ambulance immediately if the allergic reaction is severe. Staff will not attempt to transport the sick child in their own vehicle
- Ensure someone contacts the parents whilst waiting for the ambulance and arrange to meet them at the hospital
- Arrange for the most appropriate member of staff to accompany the child, taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Inform a member of the management team immediately
- Remain calm at all times and continue to comfort and reassure the child experiencing an allergic reaction. Children who witness the incident may also be well affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the incident
- Where a serious incident occurs and a child requires hospital treatment, Ofsted will be informed.

Immunisation

At Perins Pre-School, we expect and promote that children are vaccinated in accordance with the government's health policy and their age.

We ask that parents inform us if their children are not vaccinated so that we can manage any risks to their own child or other children, staff and parents in the best way possible. The manager must be aware of any children within the pre-school who are not vaccinated in accordance with their age.

We make all parents aware that some children in the pre-school may not be vaccinated, due to their age, medical reasons or parental choice. Our pre-school does not discriminate against children who have not received their immunisations and will not disclose individual details to other parents. However, we will share the risks of infection if children have not had immunisations and ask parents to sign a disclaimer.

We record, or encourage parents to record, information about immunisations on children's registration documents and we update this information as and when necessary, including when the child reaches the age for the appropriate immunisations.

Staff vaccinations policy

It is the responsibility of all staff to ensure they keep up to date with their vaccinations, as recommended by the NHS vaccination schedule and keep the nursery informed.

If a member of staff is unsure as to whether they are up to date, then we recommend that they visit their GP or practice nurse for their own good health.

Emergency information

We keep emergency information for every child and update it every six months with regular reminders to parents in newsletters, at parents' evenings and a reminder notice on the Parent Information Board.

Infection Control

At Perins Pre-school, we promote the good health of all children attending, including oral health through maintaining high hygiene standards to help reduce the chances of infection being spread.

Viruses and infections can be easily passed from person to person by breathing in air containing the virus, which is produced when an infected person talks, coughs or sneezes. It can also spread through hand/face contact after touching a person or surface contaminated with the virus.

We follow the guidance below to prevent a virus or infection from moving around the pre-school. Our staff:

- Encourage all children to use tissues when coughing and sneezing to catch germs and ensure that the tissue is disposed of, and children wash their hands.
- Develop children's understanding of the need for good hygiene procedures in helping them to stay

healthy.

- Wear appropriate Personal Protective Equipment (PPE) when changing nappies, toileting children and dealing with any bodily fluids. Staff are requested to dispose of these in the appropriate way and wash hands immediately.
- Clean all potties and changing mats before and after each use.
- Check on and clean toilets throughout the day.
- Remind children to wash their hands before eating, after the toilet, playing outside or being in contact with any animal and explain the reason for this.
- Clean all toys, equipment, and resources on a regular basis by following a comprehensive cleaning rota and using antibacterial cleanser or through washing in the washing machine.
- Wash and clean all equipment when the children have placed it in their mouth.
- Store dummies in individual hygienic boxes labelled with the child's name to prevent cross-contamination with other children.
- Immediately clean (where necessary) any dummy that falls on the floor or is picked up by another child.
- Provide labelled individual bedding for children that is not used by any other child.
- Follow the sickness and illness policy when children are ill to prevent the spread of any infection in the setting. Staff are also required to stay at home if they are contagious.

In addition:

- The manager retains the right of refusal of all children, parents/carers, staff, and visitors who are deemed contagious and may impact on the welfare of the rest of the pre-school.
- The setting will ensure stocks of tissues, hand washing equipment, cleaning materials are always maintained and increased during the winter months or when flu and cold germs are circulating.

Contagious outbreaks

In the event of an infection outbreak, Perins Pre-School will, where appropriate, undertake a deep clean to ensure the spread of infection is contained.

We will follow government health guidance on any national outbreaks of a virus/pandemic and keep parents/carers informed of any course of action. Each specific circumstances will differ and to ensure we take the most appropriate action; we will treat each case on an individual basis.

In addition, where contagious outbreaks occur, we will adopt government guidance for all visitors to minimise the risk of further spreading the infection.

This policy was adopted on

20th April 2026

Date to be reviewed

20th April 2027

Signed on behalf of the provider

Michelle Osman

Role of signatory (e.g. chair, director or owner)

Pre-School Manager