

## **SICKNESS AND ILLNESS POLICY**

Any child or staff member exhibiting any of the following symptoms will be considered to be carrying a communicable disease and should not attend Kidsize:

- temperature of over 37.5°C in combination with any other sign or symptom of illness
- diarrhoea (three or more abnormally loose stools within a 24 hour period)
- severe coughing causing the face to become red or blue or to make a whooping sound
- difficult or rapid breathing
- yellowish skin or eyes
- redness of the eye or eyelid, obvious discharge, matted eyelashes, burning, itching or eye pain
- untreated, infected skin patches, unusual spots or rashes
- unusually dark urine and/or grey or white stool
- stiff neck with an elevated temperature
- evidence of untreated lice, scabies, or other parasitic infestation
- sore throat or difficulty in swallowing
- vomiting more than one time or when accompanied by any other sign or symptom of illness

If a child becomes ill with any of the above symptoms while at Kidsize, the parent or guardian will be notified to immediately pick up the child. The child will be separated from the group, supervised within sight and hearing of an adult, and made as comfortable as possible until the parent/guardian arrives.

Children who are not feeling well, but who are not exhibiting any of the above symptoms will be isolated and observed for further signs of illness. If a child does not feel well enough to participate in the daily activities the parent will be called to pick up the child.

The child will not be allowed back to Kidsize until he or she is symptom-free for a period of 48 hours or until a doctor's written permission verifies that the child is no longer contagious. A child who is absent from school for illness will not be permitted to attend Kidsize that day. No credit or refunds will be given for days missed due to illness.

### **Fever management**

NHS Inform has an article about childhood fever on its website which includes the following information: <http://www.nhsinform.co.uk/health-library/articles/f/feverchildren/introduction>

A fever is a high temperature. As a general rule, in children, a temperature of over 37.5°C is a fever. Most fevers are caused by infections or other illnesses. A fever helps the body to fight infections by stimulating the immune system (the body's natural defence against infection and illness). By increasing the body's temperature, a fever makes it more difficult for the bacteria and viruses that cause infections to survive. Traditional conditions that can cause fevers include:

- flu
- ear infections
- roseola (a virus that causes a temperature and rash)
- tonsillitis
- kidney or urinary infections
- common childhood illnesses, such as measles, mumps, chickenpox and whooping cough.

A child's temperature can also be raised following vaccinations or if they overheat due to too much clothing.

If we notice a child has a fever of around or slightly above 37.5°C but still appears to be well for example, if they are playing and attentive, staff will offer the child water, ensure the room is cool and monitor the

child. If a child has a fever, it's important to keep them well hydrated by giving them plenty of cool water to drink. If the child has a fever and appears unwell, their parents will be contacted to come pick them up.

Until their parents pick them up, we will help reduce the child's temperature by:

- keep them cool: ensuring they take off their jumper if they are wearing one
- keep them in a cool room: 18°C is about right (open a window if needed).
- ensuring they drink water

### **COVID-19**

For information regarding COVID-19 please view our Coronavirus Guidance Document.

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