**Infections in Early Years**

Following training attended by Stacey, here is a reminder for parents.

Below is a list of the most common illnesses and infections that can be caught in nurseries, and a reminder of the time you are expected to keep your child away from the setting in accordance with the Public Health England guidelines and the nursery policy.

* **Chicken Pox:** A mild viral illness that causes a high temperature and a red rash made up of blisters. In some cases, only a few spots appear but in others, you could be covered head to toe. If your child has chicken pox, please keep them away from the setting for **at least 7-10 days**, until all of the spots are scabbed over (in some cases it may be longer).
* **Scarlet Fever:** A bacterial illness, symptoms may include a sore throat, headache and fever followed by a rash that is rough to touch, and a bright pink tongue, it is treated with a course of antibiotics. If you have scarlet fever, you must stay away from the setting for **at least 24 hours** from your first dose of antibiotics.

**\*Please note, scarlet fever and chicken pox can be very serious if contracted together. If you suspect your child has either of these or both, please inform the setting, and seek immediate advice from the GP.**

* **Measles:** Highly infectious viral illness. Symptoms include fever, conjunctivitis, a cough and white spots inside the mouth followed by a red/brown rash. It is very rare now days but in instances of contracting measles, children must be kept away from nursery for at least 4 days after the rash appears.
* **Mumps:** Viral infection that causes swelling of the glands. Symptoms are headaches, joint pain and a temperature followed by swelling of the parotid glands (behind ears). Exclusion period is **5 days** from when the swelling appears.
* **Rubella:** Viral infection, again very rare in the UK. Similar symptoms to mumps but you also get a rash and flu-like symptoms. Exclusion is also 5 days.

**\*Due to the MMR jab, Measles, Mumps and Rubella are very rare. If you haven’t had your vaccination or suspect any of these illnesses please contact us, and also your GP.**

**Covid 19 -high temperature – continues cough please follow government guildines to date and speak to management on isolation period,**

* **Whooping Cough:** Bacterial infection of the lungs and airways. It can last for 2 or three months (sometimes longer). It is a persistent cough that is worse at night and can be dangerous to pregnant women and their unborn babies, and is also a danger to young babies under 6 months old as the bacteria forms a mucus that can ‘glue’ the airways shut. Symptoms are a runny nose, watery eyes, a cough, sore throat and mild fever. Children should seek medical treatment from the GP, (usually a course of antibiotics). They can return to nursery **48 hours after the first dose of medication**.
* **Hand, foot and mouth:** A common and contagious viral infection that usually lasts less than 7 days. Spots appear on the palms of hands, soles of feet and ulcers in the mouth. Spots may appear on the child’s bottom also. Exclusion is usually **4-7 days** (or when all spots are cleared up).
* **Parvovirus (slapped cheek syndrome):** Red rash on cheeks (hence the name slapped cheek). Symptoms develop 4-21 days after becoming infected. Common symptoms are a runny nose, sore throat and an upset stomach before the red rash appears on cheeks. If you suspect your child has this please inform us as it can carry risks for pregnant women. Please keep your child away from nursery **until the rash has gone**.
* **Norovirus:** Symptoms are vomiting, diarrhoea, mild fever, headaches, aching limbs and abdominal cramps that all last for up to 72 hours. You must stay away from the setting for at **least 48 hours AFTER the last symptom**.
* **Scabies:** Skin condition caused by parasites and very rare. Symptoms are a very itchy and blotchy rash (looks like a histamine reaction). To kill the mites, two treatments of cream is required. You must seek advice from the GP and remain away from the setting **once the first treatment has been given**.
* **Influenza (flu):** High temperature, tiredness, lethargy, headaches, aching muscles, chesty cough and sore throat. Children will take **5-7 days** to recover and should stay at home until fully recovered.
* **Meningitis:** Infection of the protective membranes that surround the brain and spinal cord. It can be very dangerous, and cause septicaemia, brain or spinal damage, and in rarer cases even death. Symptoms are high temperature, lethargy, vomiting, photophobia (sensitivity to light), and headaches. Your child may also get a rash that does not disappear when a glass is rolled over it. (HOWEVER< THIS IS USUALLYTHE LAST SYMPTOM AND IN SOME CASES MAY NOT EVEN APPEAR SO DO NOT WAIT AND SEE, IF THEY HAVE ANY SIGNS OF ILLNESS CONTACT GP IMMEDIATELY). Other symptoms are stiff neck and jaw, unresponsiveness and drowsiness where the child becomes limp or floppy. There is no set time period to remain away from the setting as each child will recover in their own time. It is vital that you seek medical advice if you think your child has any of these symptoms.
* **COVID-19 if your child or you or a household member has any symptoms you must remain away from the setting and follow the most up to date government guidelines!**