

Illness and Exclusion Policy

NQS

QA2	2.1.1	Each child's health needs are supported.
	2.1.4	Steps are taken to control the spread of infectious diseases and to manage injuries and illness, in accordance with recognised guidelines.

National Regulations

Regs	77	Health, hygiene and safe food practices
	85	Incident, injury, trauma and illness policies and procedures
	86	Notification to parents of incident, injury, trauma and illness
	87	Incident, injury, trauma and illness record
	88	Infectious diseases
	90	Medical conditions policy
	162	Health information to be kept in enrolment record

AIM

Bottleforest LDC aims to protect children and staff from infection. Parents are reminded to ensure their children's immunisation schedules are completed, and provide the centre with the children's immunisation updates.

How infections spread in education and care services

The way that children interact with each other and with adults in education and care services means that diseases can quickly spread in a variety of ways. Children, especially younger children, have close contact with other people through playing or cuddling; they often put objects in their mouths; and they may not always cover their coughs or sneezes. Because some germs can survive on surfaces, children may touch a contaminated surface, then put their hands in their mouth and become infected.

Breaking the chain of infection

The most important actions to break the chain of infection and stop the spread of diseases are:

- personal strategies – actions you can take for yourself or in interactions with other people
 - immunisation
 - hand hygiene
 - respiratory hygiene
 - wearing gloves and masks
 - nappy changing and toileting
 - safely dealing with wounds and body fluids
 - taking care with animals
 - protecting pregnant staff and visitors
- environmental strategies – actions you can take to improve the environment
 - ventilation
 - cleaning
 - food safety
- exclusion – action to limit infection sources

Please inform staff if your child has had medicine (including Paracetamol), has had diarrhoea or vomited within 48 hours before attending care.

Children are considered to be too sick to attend care when;

- has a rash that is infected and or is weeping;
- has an unidentified rash
- has a high or irregular temperature;
- has a temperature caused by teething;
- is sleeping at unusual times;
- has a persistent cough;
- appears pale or discoloured;
- is upset due to discomfort or illness;
- is vomiting or has had diarrhoea;
- has discharge from eyes/wounds;
- has green discharge from the nose requiring regular wiping;
- is in need of one to one care;
- requires Panadol to treat symptoms.

Children must be kept home for 24hours after an irregular temperature and after commencing antibiotics.

Children must be excluded for 48 hours after vomiting or diarrhoea, NSW health recommended that children do not return to care until 48 hours after vomiting or diarrhoea to minimise the risk of gastroenteritis outbreaks. Outbreaks must be reported to NSW Health who impose strict exclusion periods.

Where children have ongoing conditions that mimic colds or flus (for example hay fever) we require a letter from a doctor explaining this so we have assurance they are cleared to attend the service. Likewise or children prone to loose stools caused by foods or other intolerances.

Clearance letters from Doctor's are required if your child attends the centre with any of the symptoms listed above. As an Early Childhood Service, we are responsible in providing a safe and hygienic environment for all children and staff attending the service. We understand how difficult it can be to take time off work with sick children but one sick child attending the service can quickly impact many other families and Educator's who care for the children at Bottleforest.

Panadol or Nurofen for pain relief – at times where children need medication to manage pain, (for example to manage pain from a stabilised broken bone) and are clear from all above symptoms and the Panadol/Neurofen isn't being used to mask any potentially infectious viruses, they may attend the service. If Educator's feel that children are not managing with the pain, they will call their family to collect.

Panadol cannot be administered to children at the service unless they have a temperature over 38 and there is someone on the way to collect them.

In the case where a child becomes ill at the Centre, families will be contacted and asked to collect their child or to make arrangements for the collection of their child. If parents are unable to collect the child after initial staff contact, the emergency contacts listed on the enrolment form will be called. Please ensure that all emergency contact information is kept current. Should no contact be able to collect the child from the service an ambulance will be called and a child protection report lodged.

Please remember, 24 hours exclusion applies from your child has been sent home sick or from when your child has commenced a course of antibiotics.

The service will follow guidelines of recommended minimum periods of exclusion as stated in "Staying Healthy – Preventing infectious diseases in early childhood education and care services"

<https://www.nhmrc.gov.au/guidelines-publications/ch55>

If an infectious disease arises at the service we will respond to any symptoms in the following manner -

- Isolate the child from other children.
- Ensure the child is comfortable and appropriately supervised by educators.
- Contact the child's parents or nominated emergency contact. If the child's parents are unavailable we will contact the next nominated person.
- Ensure all bedding, towels and clothing which has been used by the child is disinfected. These items will be washed separately and if possible air dried in the sun.
- Ensure all toys used by the child are disinfected.
- Ensure all eating utensils used by the child are separated and sterilised.
- Inform all service families and educators of the presence of an infectious disease.
- Ensure confidentiality of any personal health related information obtained by the service and educators in relation to any child or their family.
- If a child or educator has been unable to attend the Service because of an infectious illness the person must provide a doctors certificate which specifically states the child/educator is ok to return to the Service.

All children, educators and families are encouraged to wash their hands on arrival to the service. Hand sanitiser is available throughout the service.

Infectious Diseases requiring Notification to the local Public Health Unit

Infectious Diseases notification should be directed by telephone to the local Public Health Unit, and should be initiated within twenty-four hours of diagnosis.

NSW local Public Health unit directory and contact details are available on the following NSW Health website –

<http://www.health.nsw.gov.au/PublicHealth/Infectious/phus.asp>

All infectious diseases notification forms are available from Public Health Units and on the NSW Health website –

<http://www.health.nsw.gov.au/public-health/forms>.

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