

Sick Children

Parents/guardians who suspect their child/ren has an infectious condition or early symptoms of illness, should keep their child/ren at home until the symptoms are checked by a doctor. This will protect your child and other children in the Centre from unnecessary exposure to illness.

The Centre does not have the facility, adequate staff, or the qualification to look after sick children. A child requiring one-on-one care reduces the staff/child ratio and compromises the safety of the remaining children.

If a child/ren attending the Centre has a persistent temperature and/or is associated with other signs and symptoms of illness, parents/guardians will be asked to collect the child. A record of illnesses will be documented in a folder in the office to enable the Centre to monitor any ongoing spread of infectious disease / illness.

General signs and symptoms to be alert for include;

- A high temperature (above 38.5°)
- Unusual and undiagnosed spots and rashes
- Severe cold, sneezing or running nose.
- Breathing difficulty (breathing very quickly, panting or noisy, rattling breathing) or pale or blue around the mouth.
- Mucous discharge from the nose (thick, green or bloody)
- If the child seems sick without obvious symptoms, ie. unusually tired, pale, irritable or lethargic.
- Vomiting and/or loose bowel motion, unusual odour of faeces or unusual colour (eg. pale)
- Red, swollen or discharging eyes.
- Headache, stiff neck
- Trouble swallowing, dry mouth, sore throat.
- Frequent scratching of scalp or skin.
- Loss of appetite.
- Not passing much urine or unusually dark, tea coloured urine.
- Panting, over breathing or deep, rattling breathing.
- Severe, persistent or prolonged coughing.

Heavy cold:

The common cold often starts with a sore throat, slightly pink eardrums and even a slight cough. Exclusion is at the discretion of staff. However, the Centre encourages parents not to send children when there is an obvious risk of infection to others. If in any doubt, refer to General Signs and Symptoms or ring the Centre.

Temperature

As per Staying Healthy in Childcare (5th edition) the normal temperature for a child is up to 38°. An abnormal temperature is considered to be above 38.5°. If an abnormal temperature is suspected, staff will take a child's temperature from the ear or under the arm with an approved thermometer. If the child does have a temperature:

- The child will be encouraged to drink water to prevent dehydration and given other first aid treatment as deemed necessary.
- The Centre will inform parents/guardians and seek permission to give paracetamol. Paracetamol will only be given in the dose stipulated on the bottle in accordance with the child's age and weight and will only be given to the child once on any given day.
- Any administration of paracetamol will be recorded in the *Blue Medication/Illness/ Incident/Injury* folder.

If the temperature persists and/or is associated with other signs of illness, parents/guardians will be asked to collect the child.

Diarrhoea and Vomiting:

Diarrhoea is 'an increase in the frequency, runniness or volume of the faeces'. As diarrhoea can be caused by different organisms it is important that any child who has diarrhoea be kept away for 24 hours after diarrhoea and vomiting has stopped.

Gastroenteritis is very contagious in our care environment. If a child has diarrhoea or/and has vomited, parents/guardian of that child will be promptly informed and will be asked to collect their child or organise for their child

to be collected.

A child will need to be excluded from the Centre:

- if the child has had more than one (1) loose bowel movement (diarrhoea)
- if the child has vomited (more than once)
- if the child has had one (1) vomit and one (1) diarrhoea together
- at the Director's discretion
- until there has not been a loose bowel motion or vomiting for 24 hours.

Vomiting can also be caused by different organisms and may accompany diarrhoea. A child who is vomiting or has vomited, must also be kept away from other children until the vomiting has stopped.

Educators are advised that they need to be excluded for 48 hours after their last episode of vomiting or diarrhoea.

Infections:

Children who are diagnosed as having an ear, throat, chest or other infections and are prescribed antibiotics must stay at home at least twenty-four (24) hours from the commencement of antibiotics. This will allow the antibiotics to take effect on a resting body and ensure the child does not have an adverse reaction to the antibiotics.