

SICK CHILDREN POLICY

Children at preschool or early childhood services come into contact with many other children and adults in the early childhood environment increasing their exposure to others who may be sick or carrying an infectious illness. The National Quality Standard requires early childhood education and care services to implement specific strategies to minimise the spread of infectious illness and maintain a healthy environment for all children, educators and families. We acknowledge the difficulty of keeping children at home or away from childcare when they are sick and the pressures this causes for parents, however our Preschool aims to minimise the transmission of infectious diseases by adhering to regulations and policies protecting the health of all children, staff, families, and visitors.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1	Health	Each child’s health and physical activity is supported and promoted.
2.1.1	Wellbeing and comfort	Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s needs for sleep, rest and relaxation.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
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
92	Medication record
93	Administration of medication
168	Education and care service must have policies and procedures
175(2)(c)	Prescribed information to be notified to Regulatory Authority- any circumstance arising at the service that poses a risk to the health, safety or wellbeing of a child or children attending the service

RELATED POLICIES

Administration of First Aid Policy	Handwashing Policy
Administration of Medication Policy	Immunisation Policy
Control of Infectious Diseases Policy	Incident, Injury, Trauma and Illness Policy
Coronavirus-COVID-19 Management Policy	Medical Conditions Policy
Enrolment Policy	Pregnancy in Early Childhood Policy
Family Communication Policy	

PURPOSE

We aim to maintain the health and wellbeing of all children, teachers, educators, staff, and their families, ensuring a healthy environment and minimising cross contamination and the spread of infectious illnesses by implementing best practice and high standards of personal hygiene within our Preschool.

SCOPE

This policy applies to children, families, teachers, educators, staff, visitors, approved provider, nominated supervisor and management of the Preschool.

IMPLEMENTATION

Our Preschool has adopted the *Staying healthy: Preventing infectious diseases in early childhood education and care services* (Fifth Edition) publication recommendations developed by the Australian Government National Health and Medical Research Council to guide our practices to help limit the spread of illness and disease. We aim to provide families with up-to-date information regarding specific illnesses and ways to minimise the spread of infection within the Preschool and at home.

We are guided by decisions regarding exclusion periods and notification of infectious diseases by the Australian Government- Department of Health and local public health units in our jurisdiction as per the Public Health Act.

This policy must be read in conjunction with our other Quality Area 2 policies:

- Control of Infectious Diseases Policy
- Immunisation Policy
- Incident, Injury, Trauma and Illness Policy
- Medical Conditions Policy and
- Handwashing Policy

Staying Healthy: Preventing infectious diseases in early childhood education and care services (2013) explains how infections are spread as 'The Chain of Infection'.

There are three steps in the chain:

- The germ has a source
- The germ spreads from the source
- The germ infects another person

The chain of infection can be broken at any stage to help prevent and control the spread of diseases.

The germ has a source

Germs can be picked up directly from an infected person or from the environment. It is important to understand that an infected person may not show any signs or symptoms of illness.

The germ spreads from the source

Germs can spread in several ways, including through the air by droplets, through contact with faeces and then contact with mouths, through direct contact with skin, and through contact with other body secretions (such as urine, saliva, discharges or blood).

Some germs can spread directly from person to person, others can spread from the infected person to the environment. Many germs can survive on hands and on objects such as toys, door handles and bench tops. The length of time a germ can survive on a surface (including the skin) depends on the germ itself, the type of surface it has contaminated and how often the surface is cleaned. Washing hands and surfaces regularly with detergent and water is a very effective way of removing germs and preventing them spreading through the environment.

(Source: *Staying healthy: Preventing infectious diseases in early childhood education and care services*, 5th Edition, 2013 p: 7)

The germ infects another person

When the germ has reached the next person, it may enter the body through the mouth, respiratory tract, eyes, genitals, or broken or abraded skin. Whether a person becomes ill after the germ has entered the body depends on both the germ and the person's immunity.

Illness can be prevented at this stage by stopping the germ from entering the body (for example, by making sure that all toys that children put in their mouths are clean, by washing children's hands, by covering wounds), and by prior immunisation against the germ.

Source: *Staying healthy: Preventing infectious diseases in early childhood education and care services*, 5th Edition, 2013 p: 7)

Minimizing the spread of infections and diseases in early education and care services

We understand that it can be difficult for families to know when their child is sick. Families may experience problems taking time off work or study to care for their child at home. Obtaining leave from work or study can contribute to negative attitudes in the workplace which can cause stress on families. Families may also experience guilt when they send their child to care who is not well.

However, it is imperative that families maintain a focus not only on the well-being of their own child but also upon the well-being of other children and the early childhood professionals at the Preschool. To protect the health of children and teachers, educators and staff within the Preschool, it is important that children and teachers, educators & staff who are ill are kept away from the Preschool for the recommended period.

At times, an outbreak of a new virus or infection, such as COVID-19, may require exclusion from the Preschool that is not specified in general exclusion periods for common infectious illnesses. Information, education and recommendations regarding any new virus will be provided by the Australian Government Department of Health and/or local public health unit.

The need for exclusion and the length of time a person is excluded depends on:

- how easily the infection can spread
- how long the person is likely to be infectious and
- the severity of the infectious disease or illness.

Our educators and staff are not medical practitioners and are not able to diagnose whether or not a child has an infectious illness. However, if an infectious illness is suspected, our Preschool may ask the family to collect their child from preschool as soon as possible or not bring the child to preschool until they are symptom free.

Management and Teachers *may* request families seek medical advice and provide a medical certificate stating that the child is no longer infectious prior to returning to Preschool. Please note we understand it is not always possible to obtain a doctor's certificate or clearance for suspected cases of an illness. The decision to approve a child's return to preschool is up to the Nominated supervisor/Preschool Director.

To help minimise the spread of illness and infectious diseases our Preschool implements rigorous hygiene and infection control procedures and cleaning routines including:

- vaccinations for COVID-19 for all staff and educators
- effective hand washing hygiene
- cough and sneeze etiquette
- appropriate use of protective gloves
- exclusion of children, educators or staff when they are unwell or displaying symptoms of an infectious disease or virus
- effective environmental cleaning including toys and resources and soft coverings
- requesting parents and visitors to wash their hands with soap and water or hand sanitizer upon arrival and departure at the Preschool
- physical distancing (when recommended by Australian Health Protection Principal Committee [AHPPC] and/or Safe Work Australia)
- wearing of masks when mandated by Public Health Order and the Department of Education
- maximising ventilation to increase air flow in learning spaces.

Children arriving at the preschool who are unwell

Management will not accept a child into care if they:

- have a contagious illness or infectious disease
- are a household contact (close contact) of a person with COVID-19
- have been in close contact with someone who has a positive confirmed case of COVID-19
- are unwell and unable to participate in normal activities or require additional attention
- have had a temperature, vomiting in the last 24 hours- as reported by a parent
- have had diarrhoea in the last 48 hours
- have started a course of anti-biotics in the last 24 hours
- have been given medication for a temperature prior to arriving at the Preschool (for example: Panadol)

Children who become ill at the Preschool

Children may become unwell throughout the day, in which case management and educators will respond to children's individual symptoms of illness and provide immediate comfort and care.

- Educators will closely monitor and document the child's symptoms.
- Children who are unwell at the Preschool will be able to rest in a supervised area away from other children until parents or the emergency contact person is able to collect them

- A child who has passed runny stools/vomited whilst at the Preschool will be sent home and may only return once a certificate from a General Practitioner has been produced or after 48 hours.
- Educators will take the child's temperature. If the child's temperature is 38°C or higher, management will contact the child's parents/guardian/emergency contacts as soon as possible to have the child collected (within 30 minutes)
- Educators will attempt to lower the child's temperature by:
 - removing excessive clothing (shoes, socks, jumper, pants)
 - encouraging the child to take small sips of water
 - moving the child to a quiet area where they can rest whilst being supervised
- Accurate records will be kept of the child's temperature, time taken. Parents will be called to come and collect their unwell child. We do not give Panadol to children at preschool as this masked the underlining illness.
- Educators will thoroughly clean and disinfect any toys, resources or equipment that may be contaminated by a sick child.

Common colds and flu

The common cold or flu viruses (viral upper respiratory tract infections) are very common in children occurring 6-10 times a year on average with the highest number usually being during the first 2 years in childcare, kindergarten or school. Symptoms may include coughing, runny nose and a slight temperature. In circumstances where a child appears to have cold or flu symptoms, management will determine if the child is well enough to continue at the Preschool or if the child requires parental care. As cold and flu symptoms are very similar to COVID-19, children with these symptoms may be required to obtain a RAT or PCR test.

Our Preschool aims to support the family's need for childcare however, families should understand that a child who is unwell will need one-on-one attention which places additional pressure on teachers, educators and staff ratios and the needs of other children.

Children who are generally healthy, will recover from a common cold in a few days. Keeping a child home and away from childcare, helps to prevent the spread of germs.

Influenza is a highly contagious illness and can spread to others for 24 hours before symptoms start. To prevent the spread of influenza our preschool encourages teachers, educators, staff and children to be vaccinated once a year.

Reporting outbreaks to the public health unit

Our Preschool Management are required to notify the local [Public Health Unit](#) (PHU) by phone (call 1300 066 055) as soon as possible after they are made aware that a child enrolled at the Preschool is suffering from one of the following vaccine preventable diseases, or outbreak of gastroenteritis.

- Diphtheria
- Mumps
- Poliomyelitis
- Haemophilus influenzae Type b (Hib)
- Meningococcal disease
- Rubella ('German measles')
- Measles
- Pertussis ('whooping cough')
- Tetanus
- An outbreak of 2 or more people with gastrointestinal or respiratory illness.

Management will closely monitor health alerts and guidelines from Public Health Units and the Australian Government- Department of Health for any advice and emergency health management in the event of a contagious illness outbreak such as coronavirus- COVID-19.

Excluding children from the Preschool

When a child has been diagnosed with an illness or infectious disease, the Preschool will refer to information about recommended exclusion periods from the [Public Health Unit](#) (PHU) and *Staying healthy: Preventing infectious diseases in early childhood education and care services*.

Recommended exclusion periods- [Staying Healthy: Preventing Infectious diseases in early childhood education and care services](#).

- When an infectious disease has been diagnosed, the Preschool will display appropriate documentation and alerts for families including information on the illness/disease, symptoms, infectious period, and the exclusion period. (This information can be obtained from *Staying healthy: Preventing infectious diseases in early childhood education and care and Public Health Unit, or Department of Health*).

- If a vaccine preventable disease occurs in the Preschool, children who have not been fully immunised will be excluded from preschool
- Management will check all children's Immunisation records and alert parents as required
- A medical clearance from the child's General Practitioner stating that the child is cleared to return to the Preschool setting will also be required before the child returns
- **Children that have had diarrhoea and vomiting will be asked to stay away from the Preschool for 48 hours after symptoms have ceased** to reduce infection transmission as symptoms can develop again after 24 hours in many instances
- Children who test positive to COVID-19 are required to self-isolate for at least 7 days and not return to the preschool until they receive a negative RAT or PCR test.

Notifying families and emergency contact

- It is a requirement of the Preschool that all emergency contacts are able to pick up an ill child within a 30-minute timeframe.
- In the event that the ill child is not collected in a timely manner, or should parents refuse to collect the child, an email will be sent to the families outlining Preschool policies and requirements. The email will specify that if there is a future breach of this nature, the child's position may be terminated.

MANAGEMENT AND EDUCATORS WILL ENSURE:

- effective hygiene policies and procedures are adhered to at all times to prevent the spread of illnesses
- they promote effective hand hygiene and cough etiquette
- effective environmental cleaning policies and procedures are adhered to all times
- all families are provided access to relevant policies upon enrolment which will be explained by management including: *Control of Infectious Diseases Policy, Sick Children Policy, Incident, Injury, Trauma and Illness Policy, Handwashing Policy and Medical Conditions Policy.*
- families are provided with relevant information from a trusted source about preventing the spread of illnesses
- that any child who registers a temperature of **38°C** or above is collected from the Preschool and **excluded for 24 hours** after the last elevated temperature *or* until the Preschool receives a doctor's clearance letter stating that the child is cleared of any infection and able to return to preschool

- a child who has not been immunised will be excluded from the Preschool if a vaccine preventable disease is reported within the Preschool community and that child is deemed to be in danger of contracting the illness. Please refer to our *Control of Infectious Diseases Policy*.
- families of a child with complex and chronic medical conditions will be notified in the event of an outbreak of an illness or infectious disease that could compromise their health
- families are notified to collect their child if they have vomited or had diarrhoea whilst at the Preschool.

THE APPROVED PROVIDER OR NOMINATED SUPERVISOR WILL ENSURE

- notification is made to the Regulatory Authorities within 24 hours of any incident involving serious injury or trauma to, or illness of, a child while being educated and cared for at Preschool, which:
 - (i) a reasonable person would consider required urgent medical attention from a registered medical practitioner *or*
 - (ii) for which the child attended, or ought reasonably to have attended, a hospital. For example: whooping cough, broken limb and anaphylaxis reaction
- any incident or emergency where the attendance of emergency services at the Education and Care Service premises was sought, or ought reasonably to have been sought (eg: severe asthma attack, seizure or anaphylaxis)
- parents or guardians are notified as soon as practicable and no later than 24 hours of the illness, accident, or trauma occurring.
- notification is made to the Regulatory Authority through NQAITS within 7 days of any confirmed cases of COVID-19
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PARENT/FAMILY RESPONSIBILITY

In order to prevent the spread of disease, families are required to monitor their child's health and not allow them to attend childcare if they have an infectious illness or display symptoms of an illness. Families are asked to obtain a RAT test if their child is symptomatic for COVID-19.

For children who have ongoing medical needs such as asthma or anaphylaxis, parents should regularly review their child's health care action plans to ensure educators and other staff are able to manage their individual needs as required.

Families should implement effective hygiene routines at home such as regular handwashing and sneeze and cough routines (use of tissues, covering their mouth with coughing, sneezing into a tissue or elbow).

Families should notify the Preschool if their child has been unwell in the past 24 hours or someone in the family is/has been sick. This is particularly critical during times when we have an viral outbreak (COVID/Flu/ tummy bugs etc)

Signs of illness in young children may include:

- runny, green nasal discharge
- high temperature
- diarrhoea
- red, swollen or discharging eyes (bacterial conjunctivitis)
- vomiting
- rashes (red/purple)
- irritability, unusually tired or lethargic
- drowsiness
- poor circulation
- poor feeding
- poor urine output
- a stiff neck or sensitivity to light
- pain
- mouth sores that cause drooling
- impetigo

Parents should seek medical attention should their child (or other family members) develop symptoms such as:

- high fever
- uncontrolled coughing or breathing difficulties

Families are required to keep up to date with their child's immunisation, providing a copy of the updated AIR Immunisation History Statement to the Preschool following each immunisation on the National Immunisation Schedule.

Returning to care after surgery

Children who have undergone any type of surgery will need to take advice from their doctor/surgeon as to when it is appropriate and safe to return to childcare.

A medical clearance statement will be required to ensure the child is fit and able to return to the Service and participate in daily activities.

Posters/Resources

NSW Health. COVID-19 symptoms and testing. (reference re: fever and temperature)

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/posters-and-print.aspx#symptoms>

NSW Health [Gastro Pack NSW Health](#)

SOURCE

Australian Children’s Education & Care Quality Authority. (2014).

Australian Government Department of Education, Skills and Employment *Belonging, Being and Becoming: The Early Years Learning Framework for Australia*. (2009).

Australian Government- Department of Health <https://www.health.gov.au/>

Australian Government Department of Health Australian Health Protection Principal Committee (AHPPC)

Education and Care Services National Law Act 2010. (Amended 2018).

[Education and Care Services National Regulations](#). (2011).

Guide to the National Quality Standard. (2020)

National Health and Medical Research Council (NHMRC): <https://www.nhmrc.gov.au/>

National Health and Medical Research Council. (2012) (updated June 2013). *Staying healthy: Preventing infectious diseases in early childhood education and care services*.

NSW Public Health Unit: <https://www.health.nsw.gov.au/Infectious/pages/phus.aspx>

NSW Health Symptoms and testing COVID-19 <https://www.nsw.gov.au/covid-19/symptoms-and-testing>

Public Health Act 2010

Raising Children Network: <https://raisingchildren.net.au/guides/a-z-health-reference/fever>

Revised National Quality Standard. (2018).

The Sydney Children’s Hospitals network (2020). <https://www.schn.health.nsw.gov.au/search/site?query=fever>

Safe Work Australia

Childcare Centre Desktop Policies & Procedures - <https://www.childcarecentredesktop.com.au>

REVIEW

POLICY REVIEWED BY	Maxine Smith	Preschool Director	July 2022
POLICY REVIEWED	MARCH 2022	NEXT REVIEW DATE	MARCH 2023

MODIFICATIONS	<ul style="list-style-type: none"> Policy reviewed as per annual review cycle Reference to temperature checks for COVID-19 removed Exclusion of household close contacts COVID-19 added Notification of COVID-19 to regulatory authority amended Request for families to undertake RAT self-test if child is symptomatic for COVID-19 	
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE
MARCH 2021	<ul style="list-style-type: none"> policy revised as part of 2021 review schedule additional regulations added additional resources added sources checked- minor edits 	MARCH 2022
JULY 2020	<ul style="list-style-type: none"> temperature range to indicate fever changed to 37.5° Celsius or above for screening temperature screening guidance added to align with COVID-19 recommendations (Victoria DET) inclusion of posters for display in services re: temperature checks 	JUNE 2021
MAY 2020	<ul style="list-style-type: none"> Minor changes to include strategies for a COVID-19-safe environment adjustments to requesting families to produce a medical certificate each time their child has symptoms of an illness (due to COVID-19 infection prevention strategies, this is not always possible to contact GPs for clearance) influenza vaccination recommendations children with complex and/or chronic medical conditions are notified in the event of illness in the service 	JUNE 2021