



OUR GUIDE TO SICKNESS

MOST COMMON AILMENTS

Diarrhoea and Vomiting

Children can return to pre-school 48 hours after the last episode of diarrhoea or vomiting, providing they are generally well.

Coughs and Colds



Children should be given paracetamol, plenty of fluids to drink and can be sent to pre-school if you feel they are up to it.

*If your child is asthmatic, remember they may need their **blue** inhaler more often.*

Sore Throat, Tonsillitis and Glandular Fever

Children should be given paracetamol, plenty of fluids to drink and can be sent to pre-school if you feel they will cope with their time here.

High Temperature



Give paracetamol and plenty to drink. If temperature continues for 3 days or more, seek medical advice. After paracetamol, if your child feels better, they may come to pre-school.

Headache, Ear Ache and Stomach Ache

Children with headache, ear ache or stomach ache can go to pre-school. Just let staff know if they have felt unwell.

Give paracetamol and plenty of fluids to drink.

If headache, ear ache or stomach ache persists seek medical advice.

Head Lice

Children can go to pre-school with head lice once they have been treated for the condition to prevent further spread. *There is an expectation that parents will be treating their children and family members weekly by wet combing with a nit comb and conditioner.*

Flu and Swine Flu

Children can go back to pre-school when fully recovered – this is usually about 5 days but can take longer.

Threadworm

Children can go to pre-school once they have started their treatment.

Conjunctivitis

Children are able to go to pre-school. They will be encouraged to wash their hands to prevent further spread of infection.



Impetigo

Children can go back to pre-school when their lesions are crusted or healed.

Measles, Chicken Pox and German Measles

Children can return to pre-school 5 days after the rash has started (provided all the spots have crusted over). Please let the pre-school know, as pregnant members of staff and/or parents of other children may be affected.

Mumps

Children may go back to pre-school 5 days from the start of swollen glands, providing they feel better.

LESS COMMON AILMENTS

Whooping Cough

Children may go back to pre-school 5 days after starting antibiotics, providing they feel better. Non-infectious coughing may continue for many weeks.

Scabies

Children can go back to school after the first treatment. The child and others at home should be treated as well.

Medicines In Pre-School

Children can come to pre-school even if they are taking medicines, as staff are able to give them their medicine at pre-school. Please make sure the bottle is labelled with your child's name and how often they should have it. Please discuss with your Key Worker as a form may have to be completed.

Please Note This Is Only A Guide – You Know Your Own Child And Whether They Are Well Enough To Cope With Their Busy Time At Pre-School