



Hungerford Nursery School

A Guide to Common Childhood Illnesses

When must my child stay at home?

Sickness and Diarrhoea

As diarrhoea and or sickness is usually infectious, children should stay away from the Nursery for 48 hours after the last bout of sickness or diarrhoea to ensure that there is no risk of the infection being passed on.

Skin Rashes

Many childhood illnesses relate to skin rashes. These include:

Chicken pox

- Children may be fretful, suffer loss of appetite and high temperature. A rash with blisters develops which may cause irritation.
- Children must stay at home until the spots are dry and scabbed over.

Hand foot and mouth

- Symptoms may include a high temperature, sore throat followed by spots in the mouth, palms and soles of the feet.
- Children can come to nursery if they feel well and the blisters are not weeping.

Ring worm

- Usually a round circular area, which is itchy and very infectious. Please see a pharmacist and once treatment is being given, children can return to nursery.

Fifth disease (also known as Slapped Cheek)

- Usually, a mild illness causing a rash on the cheeks which can spread over the body. May also have flu type symptoms
- This is infectious and the children should stay at home until they are well

Impetigo

- Skin infection, usually around the mouth and nose although it can occur on other parts of the body.
- Medical advice must be sort and the children should be excluded from Nursery until treatment has been given and the spots have crusted and dried.

Other Childhood Conditions

Conjunctivitis

- Very infectious eye infection causing soreness, itchiness, redness, watering or discharge.
- Please keep your child at home until they have been receiving treatment for at least 24 hours.

Thread worms

- If your child is scratching their bottom, especially at night, it may be due to threadworms.
- They are easy to treat and the medicine can be bought without prescription from a pharmacist. Your child can come to nursery once the treatment has been started.

Head lice

- Head lice spread very easily and symptoms include the child scratching their head.
- If you are concerned that your child may have head lice, treatment can be obtained from a pharmacist.
- Please do not bring your child to nursery until they have been treated.

Coughs, Colds and Flu

Children will pick-up various kinds of germs, as many are air-borne. Parents need to make a decision whether to bring their child to school. Generally, unless your child has a temperature or is unwell and could not cope with Nursery, they should come in.

Meningococcal Meningitis Septicaemia

A rare medical condition.

Symptoms in babies and small children include:

- Stiff body with jerky movements, or floppy
- Irritability, or dislike of being handled
- A shrill cry or unusual moaning
- Refusal to feed
- Tense or bulging fontanelle(soft spot on head)
- Pale, blotchy skin
- Rapid breathing
- Fever/vomiting
- Drowsiness/impaired consciousness
- Severe headache, stiff neck and dislike of bright lights

Not all symptoms have to be present at the same time.

General medical advice:

In most cases the child will become seriously ill rapidly.

Trust your instincts – see medical advice immediately if you are concerned.

Glass tumbler test: Press a glass firmly against your child's skin. If it is a Septicaemia rash, it will not fade and you will be able to see the rash through the glass. **If this happens get medical help immediately.**

We assume that children have had their MMR vaccination, so have not included information on measles, mumps or rubella.

Should your child be absent, please phone School (01488b 682628) on the first day of the absence.