

# Alexandra Nursery School and Children's Centre

Alexandra Nursery School  
& Children's Centre

*"celebrating our differences"*

## How to have a healthy child Illnesses and infections



At Alexandra Nursery School and Under three's Centre we want your child to make the most of their time with us. To do this they need to attend as regularly as possible. However, there are times when they may need to be absent because of illness. Young children are susceptible to a variety of illnesses and infections particularly when they come into contact with other children in school or the under three's centre. This leaflet will tell you which illnesses may require your child to be excluded for a short period of time to prevent the transmission of infections to other children. When children start to attend we will also be checking whether they have had the appropriate immunisations for their age.

The Health Protection Agency have issued the following guidelines for immunisation and the prevention of the spread of infections set out in the tables overleaf.

# Exclusion illnesses

<b>Illness</b>	<b>Recommended period of time to be kept away from school and under three's centre</b>
Chicken pox	5 days from onset of rash
German Measles (Rubella)	5 days from onset of rash
Measles	5 days from onset of rash
Mumps	5 days from onset of swollen glands
Impetigo	Until lesions are crusted or healed
Ringworm	Until treatment commenced
Scabies	Child can return after first treatment
Whooping cough (Pertussis)	5 days from commencing antibiotic treatment or 21 days from onset of illness if no antibiotic treatment
Diarrhoea and/or vomiting	48 hours from last episode of diarrhoea and/or vomiting
Scarlet Fever	5 days after commencing antibiotics
Typhoid (and paratyphoid) (enteric fever)	Exclusion applies to young children who find hygiene practices difficult to adhere to
Shigella (Dysentery)	Exclusion applies to young children who find hygiene practices difficult to adhere to
Flu' (influenza)	Until recovered
E. coli 0157 VTEC	Exclusion applies to young children who find hygiene practices difficult to adhere to
Shingles	Exclude only if rash is weeping and uncovered
Diphtheria	Exclusion is important
Hepatitis A	Exclusion may be necessary Always consult with HPA
Meningococcal meningitis/septicaemia	Until recovered
Meningitis due to other bacteria	Until recovered

# Non-exclusion illnesses

Children may continue to attend school or the under three's centre with the following illnesses:

Athletes foot, cold sores, hand, foot and mouth disease, mollusum contagium, roseola (infantum), slapped cheek/fifth disease (parvovirus), warts and verrucae, conjunctivitis, glandular fever, head lice, hepatitis B and C, HIV/AIDS, meningitis viral, MRSA, threadworms and tonsillitis unless advised otherwise by the doctor.

## Immunisation

The immunisation status of all children who attend the school or under three's centre will be checked before they start. Children who have not been immunised according to the following table may be at risk in the company of other children or may pose a risk to other children

Age	Immunisation	Dose
2 months old	Diphtheria, tetanus, pertussis, polio and Hib(DTaP/IPV/Hib Pneumococcal(PCv)	One injection
		One injection
3 months old	Dphtheria, tetanus, pertussis, polio and Hib(DTaP/IVP/Hib Meningitis C (Men C)	One injection
		One injection
4 months old	Diphtheria, tetanus, pertussis, polio and Hib(DTap/IVP/Hib Pneumococcal (PCV) Meningitis C (Men C)	One injection
		One injection
		One injection
Around 12 months old	Hib/meningitis C	One injection
Around 13 months old	Measles, Mumps and Rubella (MMR) Pneumococcal (PCV)	One injection
		One injection
Three years four months to five years old	Diphtheria, tetanus, pertussis, polio Measles, Mumps and Rubella (MMR)	One injection
		One injection
13 to 18 years old	Tetanus, diphtheria and polio (Td/IPV)	One injection

Some infections are **dangerous** to pregnant women who should contact their G.P. if they come into contact with any of the following:

### **Chicken Pox**

Sometimes chicken pox in pregnancy can cause miscarriage or the baby may be born with chicken pox

### **Parvovirus**

Also called Fifth disease Or Slapped Cheek disease  
Rarely, in pregnant women who are not immune to the disease, the infection may result in stillbirth or affect the baby in the womb

**German measles (Rubella)** If an unimmunised pregnant women catches German measles in the first 4 months of pregnancy there is a risk of damage to her baby

### **Measles**

Measles during pregnancy can result in early delivery or even loss of the baby

# Good Hygiene Practice

**Hand washing** is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting and respiratory disease. Always wash hands with soap after using the toilet and get your child into this routine also, before eating or handling food, and after handling animals. Cover all cuts and abrasions with waterproof dressings.

**Coughing and sneezing** easily spread infections. Children and adults should be encouraged to cover their mouth and nose with a tissue. Wash your hands after using and disposing of tissues. Spitting should be discouraged.

We hope you found this leaflet interesting and useful– please ask the head teacher or day care manager if you have any questions about the information in this leaflet.