Clopton Nursery

Health, Medication and Oral Health Policy

Aim

Clopton Nursery provides a clean, safe and healthy environment where children can learn, play and develop. We promote good health, prevent the spread of infection and work closely with parents/carers to meet each child's individual health needs.
Children who are unwell should remain at home where possible to protect their own health and reduce the spread of infection.

Promoting Good Health

We:

- Provide appropriate first aid and emergency care.
- Promote healthy eating, exercise and good oral health.
- Provide fresh drinking water throughout the day.
- Provide healthy snacks with no added sugar.
- Offer water or milk with snacks.
- Do not provide sugary drinks.
- Work with parents/carers to manage allergies, intolerances and individual health needs.
- Follow individual healthcare plans and allergy action plans.
- Ensure staff are aware of children's medical needs and know what to do in an emergency.
- Work with parents when introducing solid foods and ensure food is prepared in an age- and developmentally appropriate way.
- Ensure children are seated safely and supervised while eating.
- Record any choking incident requiring intervention.

Infection Control

Good hygiene is essential in preventing the spread of illness.
Children and adults should wash their hands:

- After using the toilet.
- After nappy changing.
- Before eating or preparing food.
- After outdoor play.
- After blowing noses.
- Before and after administering medication.
- After removing gloves or other PPE.

Children are encouraged to follow **"Catch it, Bin it, Kill it"** when coughing or sneezing.

Staff use appropriate PPE when dealing with bodily fluids such as blood, urine, faeces or vomit. Any contaminated areas, furniture, toys or equipment are cleaned and disinfected promptly.

Toys and resources are cleaned regularly and baby mouthing toys are cleaned before being used by another child.

During an infection outbreak, additional cleaning and hygiene measures may be introduced and some activities may temporarily be suspended.

Unwell Children

If a child becomes unwell at nursery, staff will:

- Make the child comfortable and supervise them away from other children where appropriate.
- Contact the parent/carer and ask them to collect the child.
- Call emergency services if the child becomes seriously ill.
- Record relevant information about the illness.

Parents/carers must inform nursery if their child is unwell or has an infectious illness.

Children with vomiting or diarrhoea must remain at home until **48 hours after the last episode**, in line with current UKHSA guidance.

Nursery may refuse admission to a child who is not well enough to participate comfortably in normal nursery activities or who may pose an infection risk to others.

Current exclusion guidance will be followed for infectious illnesses.

Notifiable Diseases and Outbreaks

Clopton Nursery follows current guidance from the **UK Health Security Agency (UKHSA)**.

If we become aware of a confirmed notifiable disease or an infection outbreak, we will seek appropriate advice and follow the instructions given by UKHSA and other relevant authorities.

Where required, serious accidents, injuries, illnesses or other incidents will be reported to Ofsted in accordance with current requirements.

Head Lice

Head lice are not normally an exclusion condition.

If head lice are identified, parents/carers will be informed and asked to treat their child and household members using current recommended treatment.

Medication

Medication will only be administered when it is necessary and when appropriate parental consent has been obtained.

Medication must:

- Be in its original container.
- Be clearly labelled with the child's name.
- Be in date.
- Have clear dosage instructions.
- Be prescribed for the child where prescription medication is required.

Parents/carers must provide the information and consent required before medication can be administered.

Medication will be recorded on the child's Famly profile, including:

- Child's name.
- Medication and strength.
- Date and time given.
- Dose and method of administration.
- Name/signature of the staff member administering it.
- Parent/carer's acknowledgement.

A second member of staff should witness medication being administered where possible.

No child will self-administer medication at nursery.

Emergency Medication

Emergency medication such as **adrenaline auto-injectors and asthma inhalers** will be kept safely but readily accessible to staff.

Emergency medication must accompany the child when they move around the nursery, go outside or attend an outing.

Staff will only administer medication they have been appropriately trained to give.

Individual healthcare plans will be completed where a child has an ongoing medical condition or requires emergency medication.

Storage of Medication

Medication will be stored securely and out of children's reach.

Refrigerated medication will be stored safely in a designated area of the fridge.

Emergency medication will be readily accessible to authorised staff but kept inaccessible to children.

Parents/carers will be asked to replace medication before it expires.

Medication will be returned to parents/carers when it is no longer required.

Long-Term Medical Conditions

For children who require ongoing medication or have a medical condition:

- A healthcare plan will be completed with parents/carers.
- Appropriate risk assessments will be carried out.

- Staff will receive relevant training where necessary.
- Information will be shared with staff who need to know.
- The healthcare plan will be reviewed regularly and whenever the child's needs change.

Medication on Outings

Children who require medication will have their medication taken on outings.

A staff member who understands the child's medical needs will accompany them.

Emergency medication must always be taken with the child.

Medicines We Do Not Administer

Clopton Nursery does not normally administer:

- Paracetamol or ibuprofen for general illness or fever.
- Injections, suppositories or pessaries.

Exceptions may apply where medication is part of an agreed healthcare plan and staff have received appropriate training.

Paracetamol-Based Medicines

- Paracetamol-based medicines, such as Calpol, will only be given when there is a clear reason and the appropriate parental consent has been provided.
- We do not keep non-prescription medicines at the nursery on a **"just in case"** basis.
- For children **under 2 years**, parents/carers must give written permission for the nursery to administer paracetamol if the child develops a high temperature and the parent/carer is on their way to collect them.
- Paracetamol must **not** be given to reduce a child's temperature so that they can remain at nursery for a normal day.
- If a child **over 2 years** has a high temperature or is unwell, we will not administer emergency paracetamol. Parents/carers will be contacted and asked to collect their child promptly.
- Any medicine given will be recorded, including the child's name, medicine, dose, time given and the name of the person administering it.
- Parents/carers should always be informed when medicine has been given.
- Other children's pain and fever medicines, such as ibuprofen-based products, may have different age restrictions. These will only be administered in line with the manufacturer's instructions and our medication procedures.

Staff Medication

Staff must inform the manager if they take medication that could affect their ability to care for children.

Staff medication must be stored securely and away from children.

Oral Health

We promote good oral health from an early age by:

- Providing fresh drinking water throughout the day.
- Not serving sugary drinks.
- Offering healthy, nutritious snacks.
- Avoiding sugary drinks and snacks.
- Encouraging healthy eating habits.
- Working with parents/carers to support children's oral health.
- Encouraging parents/carers to establish regular tooth-brushing routines at home.

Parents/carers are discouraged from sending confectionery or sugary treats into nursery.

Dummies/Pacifiers

Parents/carers are encouraged to reduce and stop dummy use as their child gets older, particularly from around 12 months.

Damaged dummies will be removed from use and parents/carers informed.

Partnership with Parents/Carers

We work closely with parents/carers to ensure that we understand each child's health needs.

Parents/carers must inform nursery of:

- Medical conditions.
- Allergies or intolerances.
- Medication requirements.
- Changes to their child's health.
- Changes to medication or treatment.

All information relating to a child's health and medication will be treated confidentially and shared only with staff who need the information to keep the child safe.

This policy was adopted by	Clopton Nursery Trust	*(name of provider)*
On	26/08/2026	*(date)*
Date to be reviewed	26/08/2027	*(date)*

Disease	Early symptoms	Incubation period	When infectious	Exclusion period
German Measles (rubella)	May be fever, sore throat, stiff neck and rash after 1-2 days which usually starts on face	14 – 21 days	7 days before to at least 7 days after appearance of rash	7 days from the appearance of rash
Measles	Cough, cold, fever or chill, sore eyes (photo phobia), white spots in mouth after 1-2 days, rash after 3-4 days on face, neck and chest	10 – 15 days	From pre-rash symptoms until at least 7 days after the rash	7 days after the appearance of the rash
Chicken Pox	May be slight fever, headache, nausea, spots appear on 2nd day, usually on the neck	14 – 21 days	From 1 – 2 days before spots appear until at least 7 days after spots appear	Not less than 7 days after onset. Dried lesions are non-infectious
Conjunctivitis	Sore eyes, inflamed with discharge & watering	1 – 3 days	Highly contagious, spread by rubbing eyes, touching tissues etc	Until treated for 24 hours or recovered
Impetigo	Blisters, spreading at edges which are raised, thick yellow crusts when they break	4 – 10 days	Contagious, spread by hands and by objects touched	Until skin is completely healed
Ringworm	Round red areas with raised edges	10 – 11 days	Contagious, spread by scratching and material under fingernails	Until treated provided area and can be completely covered
Threadworm	Irritation around rectum at night	10 – 11 days	Contagious, spread by scratching and transferring eggs to mouth	Until treatment has commenced
Scabies	Intense itching, blistering pinpoint crusts which may wake a child with pain	2 – 6 weeks before itching	Mites spread very rapidly by contact with clothing / bedding	Until treatment has commenced
Lice and Nits	Itching of Head		Contagious until treated, normally 2 treatment sessions will be needed	Until treated, must be re-treated after 7 days
Hand, Foot and Mouth	Blisters on hands, feet or mouth		Contagious, spreads in coughs, poo & the fluid in the blisters	5 days from appearance of symptoms, and then when well enough to return

CLOTTON NURSERY