



### **A Guide to Preventing the Spread of Infection**

This leaflet has been produced to help you make an informed decision about bringing your child to the centre when suffering from any illness. We have sought guidance from the NHS in order to put this together. You can find more information under the 'Health A-Z' page on [www.nhs.uk/conditions](http://www.nhs.uk/conditions).

As you will be aware infection spreads very easily among young children. One of the best ways to help prevent infection is by ensuring that everyone's hands are washed correctly. We have been using the "Helping Children Learn about Hand Hygiene" pack with the children and this extract is from Health Protection Scotland Hand Hygiene Campaign.

***"The most common way germs are spread is by people's hands. Germs are often harmless but they can also cause illnesses such as colds, flu, and tummy bugs.***

***Washing your hands properly with soap and warm water is the single most important thing you can do to help reduce the spread of infections and help protect you, your family and those around you.***

***It is vitally important that all children are made aware of the importance and benefits of washing your hands properly.***

***Encouraging children to wash their hands at appropriate times will help to ensure that this practice becomes a lifelong habit"***

The following table is a list of the most common childhood illnesses your child is likely to contract at this age:

<u>Infection</u>	<u>Infectious Period</u>	<u>Recommended Period of Exclusion from Nursery</u>
<b>Chickenpox</b>	2 days before until 5 days after spots develop	Until spots have crusted over and child feels well, usually 5 days
<b>Conjunctivitis</b>	While symptoms persist	After 24 hours of treatment
<b>Diarrhoea &amp; Vomiting</b>	While having symptoms	Until 48 hours symptom-free
<b>Head Lice</b>	Until treatment. Need 2 treatments 7 days apart	Until the day after 1 <sup>st</sup> treatment
<b>Impetigo</b>	As long as septic spots are discharging puss	Until spots have crusted over or after 2 days of antibiotics
<b>Influenza</b>	3-5 days after start of symptoms, up to 9 days in children	Until the child feels well
<b>Measles</b>	4 days before symptoms until 4 days after onset of rash	Until 5 days after onset of rash and child feels well
<b>Meningitis</b>	Not infectious under normal school conditions	Until the child feels well
<b>Ringworm</b>	Until treatment. Usually every day for 2 weeks	Until the day after 1 <sup>st</sup> treatment
<b>Scarlet Fever</b>	From start of sore throat until 24 hours after antibiotics started	Until the child feels well
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<b>Meningitis</b>	Not infectious under normal school conditions	Until the child feels well
<b>Ringworm</b>	Until treatment. Usually every day for 2 weeks	Until the day after 1 <sup>st</sup> treatment
<b>Scarlet Fever</b>	From start of sore throat until 24 hours after antibiotics started	Until the child feels well
<b>Mumps</b>	7 days before and up to 9 days after onset of swelling	Until the child feels well
<b>Rubella (German Measles)</b>	7 days before and at least 4 days after onset of rash	Until the child feels well
<b>Whooping Cough</b>	For 7 days before until 21 days after start of coughing	For 5 days if treated with antibiotics or 21 days from onset of illness if not treated
<b>Hand, Foot and Mouth Disease</b>	Mainly infectious until the spots and mouth ulcers have gone	Until the child feels well
<b>Slapped Cheek</b>	Before rash appears	Until the child feels well
<b>Threadworm</b>	Until treatment starts. Everyone in household must be treated.	Until child feels well

## CROUP

This is advice from Hattie O'Donnell, Health Protection Nurse Specialist, NHS Greater Glasgow & Clyde:

*"Croup isn't on the guidance as it is not an illness, but the name for a group of respiratory infections. The usual cause is viral e.g. para influenza, RSV, flu. It usually starts as a cold then develops into a cough. It's called croup when the cough is noisy, caused by the airways becoming inflamed. Most cases are fairly mild. Children can benefit from breathing moist air. Steroids can be given for the swelling. The symptoms last a few days and most children recover without any complications."*

Following these guidelines will help your child's recovery and limit the spread of infection to other children and staff within the nursery setting.

If your child does become unwell please inform the centre. You can contact us on 01475 715759.