

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.

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"

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.

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

INFECTION	INFECTIOUS PERIOD	RECOMMENDED PERIOD OF EXCLUSION FROM NURSERY
Chickenpox	2 days before until 5 days after spots develop	Until spots have crusted over and child feels well, usually 5 days
Conjunctivitis	None	If an outbreak occurs, consult local HPT
Diarrhoea & Vomiting	48 hours from last episode	48 hours
Head Lice	None	Treatment recommended
Impetigo	Until lesions are crusted or 48 hours after starting antibiotic	Until spots have crusted over or after 2 days of antibiotics
Influenza	Until recovered	If an outbreak occurs, consult local HPT
Measles	4 days from onset of rash	Preventable by immunisation
Meningitis	Not infectious under normal school conditions	Until the child feels well
Ringworm	Not usually required unless extensive	Treatment is required
Scarlet Fever	Child can return 24 hours after starting appropriate antibiotic treatment	Treatment is required
Mumps	Exclude child for 5 days after onset of swelling	Preventable by vaccination
Rubella (German Measles)	7 days before rash & 7 days after	Preventable by vaccination
Whooping Cough	48 hours from starting antibiotic treatment or 21 days from onset of illness if no treatment	Preventable by vaccination, after treatment, non-infectious coughing may continue for many weeks
Hand, Foot and Mouth	None	If an outbreak occurs, consult local HPT
Slapped Cheek	None (once rash has developed)	Until the child feels well
Threadworm	None	Treatment is recommended for the child and household contacts (family)