

ARMIDALE OUT OF SCHOOL HOURS CARE

Dealing with Infectious Diseases and Illnesses

<p>Related documentation Policy/policies:</p> <p>Regulation/s/ Standards:</p> <p>Related procedures:</p> <p>References:</p>	<p>Assist with First Aid, Dealing with Medical Condition & Incident, Injury, Trauma and Illness</p> <p>NQS- 2.1, 2.1.2, Regulation 88</p> <p>Administering Medication, COVID 19 Procedure, 2022; Infection Control and Hand Washing, Nappy Changing</p> <p>Staying Healthy in Child Care (5th Edition NSW), Health Education and Care Services National Regulation 2011,</p> <p>www.health.gov.au/health-topics/immunisation/immunisation-services/flu-influenza-immunisation-service & www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#symptoms</p>
Date effective	August 2022
Date for review	August 2023
Purpose	To provide guidelines for the effective control of illness in Armidale Out of School Hours Care service environment in order to ensure the health and safety of Educators and children.
Responsibility/applies	Management, Educators and Families,

Key information:

Armidale Out of School Hours Care retains the right to exclude children from care if they appear to be unwell and are likely to pose a risk to others.

Armidale Out of School Hours Care is obliged to adhere to Department of Human Services and Staying Healthy in Child Care guidelines regardless of conflicting advice that may be obtained from a Medical Practitioner.

Armidale Out of School Hours Care will, in all instances, ensure that reasonable steps are taken to prevent the spread of the infectious diseases within the service and the broader community.

Armidale Out of School Hours Care Nominated Supervisor or Responsible Person will advise AFDC Management of any infectious disease that occurs within the service.

Once AFDC management is advised of the occurrence of infectious disease, we will:

- comply with Education and Care Services National Regulation 88 and notify families of the occurrence;
- display a notice stating that there has been an occurrence of an infectious disease at the service premises,
- ensure that notification requirements to the regulatory authority are met in relation to an outbreak of an infectious disease that poses a risk to the health, safety or wellbeing of children attending the service (section 174, regulation 175).

All Armidale OSHC Educators will comply with recommended health and hygiene practices (handwashing, cleaning, nappy changing and cough and sneeze etiquette) to ensure effective infection control within their care environments.

Parents should keep their child at home if they have any of the following:

- a high temperature or fever the night before care or on the morning of care
- a rash or unexplained skin condition not diagnosed by a Medical Practitioner
- vomiting or diarrhoea within the past 24 hours
- if family members have had vomiting or diarrhoea in the past 24 hours
- a common cold that makes them generally not well enough to join in the day's regular activities
- or if,
- they seem unwell without any obvious symptoms i.e. they are unusually pale or flushed, tired, irritable or lethargic
- they have been prescribed antibiotics (*they must not attend care for 24 hours after commencing this medication*)
- they have an identified infectious disease (refer to the exclusion recommendations attached)

If a child or a family member of a child who is cared for by our service is confirmed as having COVID-19 or is regarded as a close or casual contact of someone who has COVID 19, the family must child must comply with Armidale Out of School Hours Care's current COVID 19 Procedure.

Medical Emergencies:

In the event of a medical emergency, Armidale OSHC will attempt to contact either the child's guardian or authorised emergency contact.

If contact cannot be achieved immediately the Responsible person will act in the child's best interests and arrange transport to hospital by ambulance.

A Responsible Person will advise the family or authorised emergency contact (and AFDC management) of the event as soon as practicable.

Families or guardians are responsible for any emergency services costs incurred.

A Medical Certificate may be required, prior to a child being accepted into care or an Educator resumes duties, for the following reasons:

- To verify that a child or Armidale OSHC Educator (in some instances) is well enough to return to care or duties after an illness;
- The provision of a Medical Certificate ensures that childrens' absences which are the result of illness, are recognised as "additional absences" and not deducted from the child's 42 allowable absences for CCS purposes.

Recommendations for Common Infectious Diseases and Illnesses in Childcare:

Unexplained Temperatures While it is accepted that a child can have a raised temperature for no apparent reason, a child with a temperature must be excluded from care for at least a day. It is recommended that a child sees a Medical Practitioner if the high temperature persists.

Bronchiolitis and Bronchitis **Incubation:** Usually 5 days but can range between 2 and 8 days **Infectious:** Shortly before the onset of symptoms and during the active stage of the disease (1 week in total) **Exclusion:** Exclude until appropriate medical treatment has been given and the child is feeling well.

Common Colds **Incubation:** About 1 – 3 days **Infectious:** 2 - 4 days after the cold starts **Exclusion:** There is no need to exclude, however it is at the discretion of the Responsible Person if the child appears unwell. Strict hygiene must be maintained (gloves or a barrier used to assist child to blow their nose, handwashing, teaching children to cough into their upper arm).

Chicken Pox (Varicella) **Incubation:** 14 -15 days on average **Infectious:** From 2 days before the rash appears and until all blisters have formed scales or crusts. **Exclusion:** Until all blisters have dried. Usually up to 5 days after the rash first appears.

Conjunctivitis **Incubation:** 24 -72 hours **Infectious:** While there is discharge from the eye. (*Conjunctivitis caused by chemicals or allergies is not infectious*) **Exclusion:** Until discharge

from eye has stopped unless a medical practitioner has diagnosed non-infectious conjunctivitis.

Coronavirus (COVID 19): Coronavirus is a large family of viruses causing respiratory infections. It is extremely infectious, spread from person to person contact, through coughs and sneezes. Symptoms range from mild illness to pneumonia. Others including fever, cough, sore throat, fatigue, shortness of breath, aches, and pains, diarrhoea. **Incubation:** 1-14 days (average 5 days). **Infectious** 14 days. **Exclusion:** 7 days or until symptoms disappear. If family member has coronavirus, refer to current COVID 19 Procedure.

COVID 19 Restrictions and exclusion periods will change from time to time in line with current Public Health orders as handed down by the NSW Dept. of Health. AFDC Management will promulgate this information to service staff and families as it becomes available. COVID 19 Procedures will be updated accordingly.

Croup Incubation: Difficult to define (2 to 4 days) **Infectious:** Shortly before the onset of symptoms and during active stage of the disease. With severe croup, hospitalisation, may be required. **Exclusion:** Exclude until feeling well (3 to 4 days usually)

Diarrhoea & Vomiting (and all other related illnesses including Gastroenteritis, Rotavirus, Giardiasis etc)

Incubation: Viral and bacterial 1 – 3 days. Parasitic infections 5 – 15 days. **Infectious:** For as long as organisms are present in faeces, whether or not they still cause symptoms.

Exclusion: Until there has been no diarrhoea or vomiting for 24 hours. Where it is considered a mini-epidemic by the Health Department, exclusion from care should be at least 48 hours.

Ear infections (Otitis) Incubation: A few days **Infectious:** Ear infections are NOT contagious, but the cold or other infection causing them is. Germs from ear infections can only be passed on if there is infectious fluid draining out of the ear. **Exclusion:** While there is an infectious discharge from the ear and until the child is feeling well.

Hand, Foot and Mouth Incubation: Usually 3 – 5 days. **Infectious:** As long as there is fluid in the blisters Faeces can remain infectious for several days. **Exclusion:** Exclude until all blisters have dried.

Head Lice Incubation: At the presence of eggs (nits) which hatch in 7 – 10 days. Hatched nits mature quickly and are capable of laying eggs after 6- 10 days. **Exclusion:** Until the day after appropriate treatment has commenced.

Herpes Simplex (Cold Sores) Incubation: 2 – 12 Days. **Infectious:** When fluid is present in blister, however people with a history of cold sores may shed virus through saliva.

Exclusion: Exclude until sores have completely dried

Human Parvovirus (slapped cheek syndrome) Incubation: 4-20 days **Infectious:** Until the rash appears **Exclusion:** Not Necessary

Impetigo (School Sores) Incubation: 1 – 3 days (strep), 4-40 days (staph). **Infectious:** While there is fluid weeping from the sore. **Exclusion:** Until antibiotic treatment has been received for at least 24 hours. Sores on exposed skin must be kept covered with water tight dressing.

Influenza Incubation: 1-3 days **Infectious:** 3 – 5 days from onset of symptoms in adults, 7 - 10 days in young children. **Exclusion:** Exclude until feeling well.

Measles Incubation: 7-18 days. **Infectious:** 4 – 5 days before the rash appears. **Exclusion:** For at least 4 days after the appearance of the rash.

Meningococcal Incubation: Usually 3 – 4 days. **Infectious:** As long as organisms are present in nose and throat. Less than 24 hours if treated with effective antibiotics. **Exclusion:** Exclude until a course of an appropriate antibiotic has been completed.

Meningitis (Viral) and Meningitis (Bacterial) Incubation: Varies according to the specific infectious virus. **Infectious:** Varies according to the specific infectious virus. **Exclusion:** Exclude until a Medical Practitioner certifies child is well and non- infectious.

Mumps Incubation: 12 – 25 days, but usually 16 – 18 days. **Infectious:** Up to 6 days before swelling of the glands begins and up to 9 days after the onset of the swelling. **Exclusion:** Exclude from care for 9 days after onset of swelling.

Ringworm Incubation: 4 – 10 days. **Infectious:** As long as the condition persists. **Exclusion:** Until the day after treatment has commenced.

Roseola Incubation: Around 10 days. **Infectious:** A few days before and several days after the rash appears through saliva, nasal discharge and other respiratory secretions. **Exclusion:** Exclusion is not necessary if the child is feeling well.

Rubella (German Measles) Incubation: 14 – 21 days. **Infectious:** Up to 7 days before and at least 4 days after the rash appears. **Exclusion:** At least 4 days after the rash appears and until the child feels well.

Scabies (and other mites) Incubation: Initial infestation, 2 – 6 weeks; further infestations within 1 - 4 days. **Infectious:** Until day after treatment has commenced. **Exclusion:** Until the day after treatment has commenced.

Streptococcal Sore Throat Incubation: 1 – 3 weeks if untreated, or 24 hours after antibiotic treatment commenced. Viral: While the organisms are being spread by coughing and sneezing incubation may last several days. **Exclusion:** Until 24 hours after antibiotic treatment (bacterial), and until feeling well.

Thrush (Candida) Incubation: 2 – 5 days in infants. **Infectious:** As long as white spots or flakes are present. **Exclusion:** Exclusion not necessary. Wash all mouthed toys in hot soapy water. Prevent sharing of dummies, cups, bottles or eating utensils.

Whooping Cough (Pertussis) Incubation: Commonly 9 – 10 days but can range between 6 and 20 days. **Infectious:** from the beginning of cold like symptoms for up to 3 weeks if untreated, less with antibiotic treatment **Exclusion:** for 21 days from onset (if untreated) or 5 full days if treated with the appropriate antibiotic.

Worms (Pin, Round, Hook, Tape and Hydatid) Incubation: Several weeks to years. *Please refer to Staying Healthy in Childcare fact sheets.* **Infectious:** Infection will continue until person is treated **Exclusion:** Not necessary if treatment has occurred.