

## **Guide to Illnesses and Medication in Childcare**

### **Adelaide University Childcare Services Inc 2014**

This information is provided for families to support them in appropriate management of illnesses and medication for children attending childcare. The guide has used information from the Commonwealth Department of Health's *Staying Healthy in Childcare* (fifth edition 2012)

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#### **Information to give your doctor**

##### **Please ask your doctor to:**

- Schedule medication outside Centre hours when ever possible.
- Complete a medication plan if medication needs to be administered at the Centre.
- Be specific when writing instructions: **As needed** is **not** sufficient direction for staff. They need to know **exactly** when the medication is required and the **exact** dose.
- Nominate the simplest method of administration. For example oral or 'puffer' medication is much easier to administer than a nebuliser.

##### **Be aware that education and care staff:**

- Accept only medication that has been ordered by a doctor and is provided in the original, fully-labelled pharmacy container.
- Do not monitor the effects of a medication as they have no training to do this. Children must be kept at home for observation for 24 hours when they commence a new medication.

#### **Information to give your pharmacist**

##### **Please ensure that the pharmacist:**

- Dispenses medication appropriately, i.e. fully labelled on the original, pharmacy container (not the box) with the correct name, dosage and instructions for administration. Hand written Edits will not be accepted nor will medication dispensed for another child.
- Please consider asking for an information sheet when medication is dispensed.

#### **Important information for parents**

- Any medication that children need to take at the Centre must be accompanied by a centre medication plan completed by a medical practitioner. Forms are available from the Centre or via the website at **[www.adelaide.edu.au/childcare/waite/health/html](http://www.adelaide.edu.au/childcare/waite/health/html)**
- If your child has a medical condition, or an allergy or intolerance that may require administration of medication at the Centre, you must obtain the appropriate medical management plans from the Centre and have these completed by a medical practitioner.
- The Centre does not maintain a supply of paracetamol and does not administer paracetamol to children without a specific medication plan from the child's doctor.

#### **Managing common infections and illnesses**

The information on the reverse of this sheet is a guide to the most common infectious diseases and illnesses in young children. Parents should discuss any issues in respect to individual children with their doctor and the childcare staff at the time of the infection/illness.

#### **Exclusion periods**

- *Recommended exclusion periods are based on the time that a person with a specific disease or condition might be infectious to others.*
- *In some cases a doctor's clearance may be required.*
- *Recommended non-exclusion means that there is no significant risk to others. A child who is not excluded may still need to stay at home because they feel unwell.*
- *Children who require 1:1 attention should be kept at home.*

**Thank you for your assistance and support in reducing the spread of infection and illness in our Centres.**

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<b>Condition</b>	<b>Exclusion of cases</b>	<b>Exclusion of contacts</b>
<b>Bronchiolitis</b>	Exclude until the child is well	Exclusion not necessary.
<b>Cold</b>	Exclusion is not necessary. Child requiring 1:1 attention should be kept at home.	Exclusion not necessary.
<b>Conjunctivitis</b>	Exclude until discharge from eyes has ceased.	Exclusion not necessary.
<b>Chickenpox</b>	Exclude until all blisters have dried. This is usually for at least 5 days after the first rash appears in unimmunised children and less in immunised children	Any child with an immune deficiency or receiving chemotherapy should be excluded for their own protection. Otherwise no exclusion.
<b>Diarrhoea (including Amoebiasis, Giardiasis Campylobacter and salmonella)</b>	Exclude until there has been no loose bowel motion for 24 hours. If child develops lactose intolerance and ongoing loose bowels a doctor's certificate is required.	Exclusion not necessary.
<b>Hand, Foot and Mouth disease</b>	Exclude until all blisters have dried.	Exclusion not necessary.
<b>Herpes (cold sores)</b>	Young children unable to comply with good hygiene practices should be excluded while lesion is weeping and/or if lesion cannot be covered.	Exclusion not necessary.
<b>High temperature (39<sup>0</sup>C or above)</b>	Exclude until temperature is stabilised at normal level. Note: If a child has a temperature above 38 <sup>0</sup> C and shows other signs of being unwell, time at home may reduce the length of their developing illness.	Exclusion not necessary.
<b>Impetigo</b>	Exclude until appropriate antibiotic treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing.	Exclusion not necessary.
<b>Influenza and influenza like illnesses.</b>	Exclude until well.	Exclusion not necessary.
<b>Measles</b>	Exclude for at least 4 days after onset of the rash.	Immunised contacts not excluded. Non immunised contact refer public health unit. Immunocompromised children excluded until 14 days after appearance of rash in last case.
<b>Mumps</b>	Excluded for 9 days after onset or until swelling goes down (whichever is sooner).	Exclusion not necessary.
<b>Norovirus</b>	Exclude until there has not been a loose bowel motion or vomiting for 48 hrs.	Exclusion not necessary
<b>Parvovirus (erythema infectiosum, fifth disease)</b>	Exclusion not necessary	Exclusion not necessary.
<b>Ringworm, Scabies, pediculosis (lice), trachoma</b>	Re-admit the day after appropriate treatment has commenced.	Exclusion not necessary.
<b>Rotavirus infection</b>	Exclude until there has been no loose bowel motion or vomiting for 24 hours	Exclusion not necessary
<b>Rubella (german measles)</b>	Exclude until fully recovered or for at least 4 days after onset of rash.	Exclusion not necessary.
<b>Tonsillitis (incl strep throat and scarlet fever)</b>	Exclude until child has received anti-biotic treatment for 24 hours and child is well.	Exclusion not necessary.
<b>Worms</b>	Exclude if loose bowel movements are occurring. Exclusion not necessary if treatment has occurred	Exclusion not necessary.