

HEALTH

Please do not send your child to kindy if they are feeling unwell. The best place is for them at home where they can receive the care that they need. Also it is not reasonable to expose other children or staff to unnecessary germs. If your child becomes ill at Kindy we will contact you. Here are some regular sicknesses your child may encounter:

Diarrhoea/Vomiting: Please keep children who have had these ailments during the night at home as they are very infectious. Your child may still want to come to kindergarten, but they will also be low in energy and stamina. A day at home free from symptoms ensures the disease is passed. If symptoms persist, see a doctor as there are many strands of infection and dehydration needs to be avoided. If there is cramping, foul smelling faeces, fatigue or nausea over extended time, these could be symptoms of Giardiasis or such - notifiable diseases often resulting from contaminated drinking water or contact with infected faeces. Once diarrhoea has ceased the child may return.

Chicken Pox/Shingles: A viral illness with symptoms including fever, runny nose, cough, fatigue and a general rash. Each small sore begins as a bump which becomes blister-like for three or four days, then leaves a scab. Several crops of these blisters will come out over a period of days and tend to be more noticeable on the trunk. Avoid aspirin - calamine lotion may relieve the itch. Children must stay at home until all moist sores have recovered and they feel well.

Conjunctivitis: An irritation or infection of the eye which may present a discharge causing the eyelids to stick together in the morning, or a scratchy feeling in one or both eyes and redness in the whites of the eyes. The child should be seen by a doctor for proper diagnosis and treatment, and not attend the centre during the acute stage of infection, (usually for 3 days after beginning treatment).

Common Cold/Influenza: Symptoms include a runny-stuffy nose, sneezing, coughing and sore throat. Colds have little or no fever and hence exclusion is not necessary providing hygienic handling of tissues and covering of mouth is practised. Flu is more acute, having fever and headache symptoms, and thick green nasal discharge or severe cough indicates infection. The child should stay at home until they look and feel well - medicines help relieve symptoms, but avoid aspirin. Bronchitis is more complex and should only be diagnosed and treated by a doctor to avoid misdiagnosis such as asthma or croup.

Fleas/Head Lice: Fleas can irritate the skin and transmit tapeworm and if bites are evident, control measures for animal fleas should be undertaken. Head Lice are different and generally cause itching of the scalp, usually behind the ears and above the neck. They are contagious as long as the eggs (nits) or lice are alive. Proper treatment is required, following directions on medications available from chemists. Personal contact items need particular laundering and close members of the family should be regularly inspected for signs of infestation for at least seven days. Children must stay at home until treatment has been given.

Measles: This is a serious viral disease causing concern because it is highly infectious and causes serious complications. A child with measles usually feels quite ill. Symptoms begin with fever, tiredness, cough, runny nose and inflamed eyes. There may be small white spots on a red base present inside the mouth, on the cheek. Between the third and seventh day, a rash begins at the hair line and spreads over the entire body. The rash is usually gone after six days, the cough often the last symptom to disappear. Children should be kept away from others for at least four days after the onset of the rash.