

Unwell Child Protocol



Update: 30 June 2020

In the current climate, how do we and families determine if a child should attend care or stay at home.

Whilst our Educators and Staff are not medical practitioners and are not able to diagnose whether or not a child has an infectious illness, we do recognize symptoms in children indicating that a child may be unwell. The following information is a guide to help assist families and educators.

We expect our families to refer to these guidelines provided by Adventure Patch during decision-making around attending care.

Common Cold

A common cold is "a viral upper respiratory tract infection with usually low grade symptoms of runny nose, possible nasal congestion, cough, sneezing, mildly sore throat, and low grade fever."

- If a child has mild symptoms only, does not have a persistent cough and they are otherwise well in themselves, (happy, active, eating and drinking), they usually are well to attend daycare.
- However, if they are clearly not their usual self, it is definitely best to keep them at home. The common cold is extraordinarily difficult, if not impossible to avoid even when you don't have small children.

COVID 19

Professional Advice: The Australian Medical Association recently advised the following that as a community, if you have even the mildest of symptoms – runny nose, fever, sore throat, coughing, you should remove yourself from work or remove your child from school or childcare. **It is recommended that you contact the COVID 19 Hotline or seek advice from a health care professional.**

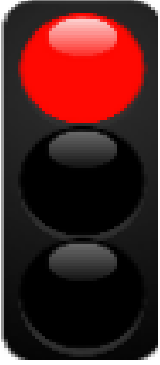

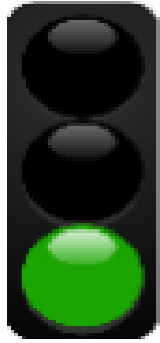
In the past sending your children to childcare, it was your expectation that your child may have some nasal discharge (a snotty nose), during the colder months of the year, but currently the rules have completely changed.

If your child displays any symptoms at all, you should be removing your child from childcare, seeking professional medical advice (if necessary, having them tested for coronavirus) and notifying your childcare centre.

If an infectious illness is suspected, our Service may ask the family to collect their child from care as soon as possible or not bring the child to care. Management and Educators may request families seek medical advice and provide a medical certificate stating that the child is no longer infectious prior to returning to care.



Quick Reference Guide – General sickness

When your Child is unwell/sick	
	<p>TRY AGAIN IN 24 HOURS</p> <ul style="list-style-type: none"> Fever above 38C Hard, wet or consistent cough Constant runny nose Diarrhoea or vomiting Red, sticky or runny eyes Contagious conditions Sore throat or swollen glands
	<p>CALL US FIRST TO CHECK</p> <ul style="list-style-type: none"> Fever free for 24 hours Sporadic dry cough Coloured runny nose Change in routines (e.g. not eating, very disturbed sleep) Unable to participate in normal daily activities (e.g. lethargic)
	<p>OK TO COME & PLAY</p> <ul style="list-style-type: none"> Mild, infrequent cough Clear runny nose Active, playful and rested



Identifying the Symptoms



Australian Government

BE COVIDSAFE

COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Sometimes
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY
For more information about **Coronavirus (COVID-19)** visit health.gov.au