

# Unwell Child Protocol



Update: 11 February 2022

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

<b>When your Child is unwell/sick</b>	
	<p><b>Stay home until no symptoms are present</b></p> <ul style="list-style-type: none"> <li>Fever above 37.5C</li> <li>Runny nose</li> <li>Any cough, sore/itchy throat or swollen glands</li> <li>Shortness of breath</li> <li>Diarrhoea or vomiting</li> <li>Red, sticky, itchy or watery eyes</li> <li>Contagious conditions</li> </ul>
	<p><b>CALL US FIRST TO CHECK</b></p> <ul style="list-style-type: none"> <li>Fever free for 24 hours</li> <li>Sneezing</li> <li>Change in routines (e.g. not eating, very disturbed sleep)</li> <li>Unable to participate in normal daily activities (e.g. lethargic)</li> </ul>
	<p><b>OK TO COME &amp; PLAY</b></p> <ul style="list-style-type: none"> <li>No Cold/Flu and Hay-fever symptoms</li> <li>Free from Vomiting/Diarrhoea for 24 hours</li> <li>Cleared of any other contagious conditions and exclusion periods</li> </ul>



## Identifying the Symptoms



Australian Government

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### COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
<b>Fever</b> 	Common	Rare	Common
<b>Cough</b> 	Common	Common	Common
<b>Sore Throat</b> 	Sometimes	Common	Sometimes
<b>Shortness of Breath</b> 	Sometimes	No	No
<b>Fatigue</b> 	Sometimes	Sometimes	Common
<b>Aches &amp; Pains</b> 	Sometimes	No	Common
<b>Headaches</b> 	Sometimes	Common	Common
<b>Runny or Stuffy Nose</b> 	Sometimes	Common	Sometimes
<b>Diarrhea</b> 	Rare	No	Sometimes, especially for children
<b>Sneezing</b> 	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](https://health.gov.au)