



04 Health procedures

4.05(b) Managing respiratory infections

Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, Covid 19, flu and respiratory syncytial virus (RSV). For most children and young people these illnesses will not be serious, and they soon recover.

The main symptoms of respiratory infections are:

- a high temperature
- a cough
- a sore throat
- feeling unwell

Some children aged under 2 years, especially those with a heart condition or born prematurely, and very young infants are at increased risk of hospitalisation from RSV. Respiratory infections can spread easily between people. Sneezing coughing singing and talking may spread respiratory droplets from an infected person to someone close by. Droplets from the nose and mouth may also contaminate hands, eating and drinking utensils, toys or other items and spread to those who may use or touch them, particularly if they then touch their nose or mouth.

What to do if a child seems very unwell

Children and babies will still get illnesses that can make them very unwell quickly. It is important to get seek medical help and to contact the child's parents immediately.

Call 999 if a child:


- has a stiff neck
- has a rash that does not fade when you press a glass against it
- is bothered by light
- has a seizure or fit for the first time
- has unusually cold hands
- has pale, blotchy, blue or grey skin
- has a weak, high-pitched cry that is not like their usual cry
- is extremely agitated (does not stop crying) or is confused
- finds it hard to breathe
- has a soft spot on their head that curves outwards
- is not responding like they normally do

Being prepared

- All staff are aware of this procedure and their responsibility if a child becomes unwell or has respiratory infection symptoms at the setting.

If a child/member of staff becomes unwell

- If a child is displaying any of the symptoms of respiratory infection, the manager/deputy calls their parents to collect them immediately. We will not exclude any individuals with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well.
- We will ask the parent(s) to keep the child at home until they do not have a high temperature and are feeling well enough to attend the setting.
- We will advise children and young people with a positive covid 19 test result to try to stay at home for 3 days after the day they took their test, or until they do not have a high temperature and are feeling well enough to attend the setting.
- We will advise staff to stay at home if they are displaying symptoms of respiratory infection, until they do not have a high temperature and are feeling well enough to work.
- We will advise staff who have a positive covid 19 test to stay at home for 5 days after the day they took the test, or until they do not have a high temperature and are feeling well enough to work.
- Individuals who usually attend an education or childcare setting and who live with someone who has a positive Covid 19 test result should continue to attend as normal.
- The UKHSA HPT (health protection team) will be contacted if there is:
 - a higher than previously experienced and/or rapidly increasing number of staff and child absences due to acute respiratory infection.
 - Evidence of severe disease due to respiratory infection, for example is a child, young person or staff member is admitted to hospital.
- Infection control procedures will be implemented to reduce the spread of infection -see policy 4.05b Infection Control.

This policy was adopted by	Blackberry Lane Pre-School & Nursery	
On	February 2025	
Date to be reviewed	February 2026	
Signed on behalf of the provider		
Name of signatory	Mrs D Gibson	Ms C Lawrence
Role of signatory (e.g. chair, director or owner)	Manager	Director