



**Emmerick Street Community Preschool**  
**15 Emmerick Street, Lilyfield**

# **Policy**

Policy Name:	<b>MANAGING A CHILD WITH A HIGH TEMPERATURE</b>
Policy Number:	<b>QA 2 028</b>
Quality Area:	<b>2: CHILDREN'S HEALTH AND SAFETY</b>
Date Developed:	<b>MAY 2012</b>
Version:	<b>FINAL (4)</b>
Reviewed:	<b>JUNE 2018</b> <b>NOVEMBER 2019</b>
Review date:	<b>AS NEEDED</b>

## 1. Background

A temperature of 38.5°C or more in older infants and children is considered significantly high.

Fever itself is not harmful; however it is usually a sign of infection in the body. Thus to stop the spread of infection and help the child recover, it is often best for children to rest and be excluded from the Preschool environment. Children with fever often feel uncomfortable and unwell, so giving pain relief medication such as paracetamol may be helpful for this discomfort.

Fevers may occasionally bring about febrile convulsions (fits), in up to 1 in 30 children under five years of age. Most febrile convulsions last under 5 minutes but if they last past 30 minutes they can cause brain damage. They can also be very frightening for parents and carers. Medicines such as paracetamol or ibuprofen, even when used regularly with fever, have not been shown to stop or reduce the amount of febrile convulsions children have. Febrile convulsions may be due to a simple viral infection but other causes of fever and convulsions have to be ruled out by seeking medical attention.

## 2. Links to other policies and procedures

- Medical Conditions Policy
- Administering Medication Procedure
- Medications form
- Incidents, injuries and trauma policy
- First aid policy

## 3. Aim

To ensure all children get the appropriate care while at our Preschool, children with a high temperature will be given appropriate first aid treatment and parents notified in order that they will be taken home to rest.

## 4. Practices

An educator or staff member will take a child's temperature when the child attending the service shows signs of illness.

Including but not limited to:

- Lethargy;
- Unusually hot or cold;
- Not engaging with peers or learning experiences;
- Upset;
- Complaining of pain or unusual hot or cold feelings;
- Vomiting; and
- Child communicates that they feel unusually hot or cold

## Managing a child with a high temperature

---

### Temperature reaches above 37.5°C

Educators or staff will:

- Monitor the child;
- Take his or her temperature every ½ hour; and
- Record the temperature on the illness sheet in the “circumstances surrounding children becoming ill” section.

### Temperature reaches 38°C

Educators or staff will:

- Make the child comfortable:
  - Remove excess clothing that may be making the child uncomfortable or provide extra clothing or blankets to keep child comfortable without shivering or sweating; and
  - Give child water and a quiet place to rest with an educator;
- Check enrolment form for permission to administer Panadol;
- Contact the child's parent, carer or emergency contact and:
  - Notify them of their child's temperature;
  - Advise them that the child will need to be picked up within 1 hour;
  - Obtain specific consent by telephone or e-mail regarding whether a dose of paracetamol should be given. This is in addition to the written consent provided on the child's enrolment form; and
  - If consent to administer paracetamol is given, staff will also check that no paracetamol dose was given to the child within the last four hours (for example by a parent before coming to preschool). A dose will not be given until four hours has passed since the last dose.
- Once every effort is made to secure consent from the child's parent, guardian or nominated person, staff will administer paracetamol as per the Preschool's Administering Medication Procedure (see Medical Conditions Policy):
  - Administering the age appropriate dosage as specified on the packaging.
- Monitor the child and make comfortable while awaiting collection:
  - Ensure the child is well hydrated by offering the child small frequent amounts of cool water to drink.
- Document the incident:
  - Complete a Medication Form – Permission to administer medication (if appropriate) for parent/guardian to sign on collection of the child. A copy of these forms will be sent home with the parent/guardian and another copy will be put in the child's file;
  - Complete details in the centre's illness register;
  - Continue to document the child's condition in the incident/injury/illness form; and
  - On arrival of the parent or carer, provide them with the appropriate forms to sign and advise families that when a child has a fever of 38°C or higher, the child should not

## Managing a child with a high temperature

---

attend Preschool for 24 hours after the temperature has subsided or until a medical clearance certificate has been provided to the Preschool stating that the child is fit to attend Preschool.

Families will:

- Choose to give permission or not give permission for staff to administer Panadol
- Notify the Nominated Supervisor or Responsible person if their child has been given Panadol prior to being dropped off with the specific time and dose.
- Organise their child/ren to be picked up within 1 hour of being notified that their child has a high fever.
- Keep child at home until they have not had to administer Panadol for 24 hours or have a doctor's certificate stating that the child is fit to return to the service.
- Note: If the Nominated Supervisor or Responsible Person feels the child should be excluded for longer, this takes precedence over the doctor's certificate.

### In the event of a child having a febrile convolution:

During a febrile convolution, a child may:

- Become stiff or floppy;
- Become unconscious or unaware of their surroundings;
- Display jerking or twitching movements; and
- Have difficulty breathing.

During the seizure the staff will:

- Ensure one staff member is always with the child;
- Stay calm. Most febrile convulsions settle in one–two minutes;
- Ensure child is lying in a safe spot on the ground with a soft pillow or cushion under their head;
- Clear any objects near the child that may cause injury to them;
- Lay the child on their side so saliva/vomit can run out of the mouth rather than be breathed in with the first deep breath;
- Call 000 for an ambulance (any transfer by ambulance to be in accordance with emergency and evacuation policy); and
- Another staff member will contact the child's parent, guardian or emergency contact and calmly advise them to come immediately to the preschool; or if an ambulance has arrived to meet the child and staff member at the hospital in accordance with emergency and evacuation policy.

Following the seizure staff will:

- Check the child's response, airway and breathing following DRSABCD approach;
- Ensure that one staff member stays with the child and monitors the child;
- Remove excess clothing;

- Complete details in the centre's illness register; and
- Continue to document the child's condition in the incident/injury/illness form.

Staff will not:

- Put anything in the child's mouth;
- Restrain the child during the seizure; and
- Sponge a child's body with cold or luke-warm water.

## 5. Evaluation

All children at the preschool with a high temperature are given appropriate first aid treatment and taken home to rest and recover until healthy to return to preschool. The spread of infectious diseases are minimised by ensuring children with a fever do not stay at the preschool.

### Relevant Legislation

Children (Education and Care Services National Law Application) Act 2010 No 104;  
Education and care Services National Regulations 2014.

### Sources

Staying Healthy: Preventing infectious Diseases in Early Childhood Education and Care Services, 5<sup>th</sup> Edition, NHMRC, 2012;

Health and Safety in Children's Centre's Model Policies and Practices, 2<sup>nd</sup> Edition, 2003;

Kids Health at the Children's Hospital at Westmead

<http://kidshealth.schn.health.nsw.gov.au/fact-sheets/febrile-convulsions>;

Every Child Magazine

[http://www.earlychildhoodaustralia.org.au/every\\_child\\_magazine/every\\_child\\_index/seizures\\_in\\_young\\_children.html](http://www.earlychildhoodaustralia.org.au/every_child_magazine/every_child_index/seizures_in_young_children.html);

St Johns

Ambulance [http://www.stjohn.org.au/images/stjohn/information/fact\\_sheets/FS\\_infantconvul.pdf](http://www.stjohn.org.au/images/stjohn/information/fact_sheets/FS_infantconvul.pdf).