



Do we have the right emergency contact details for you?

Tummy bugs – what to do when diarrhoea and vomiting strikes

1. Stay away from public places

Children with a tummy bug should stay **away from nursery** until **48 hours** after the last episode of sickness or diarrhoea.

A child unwell at nursery must be collected **as soon as possible**

2. Offer regular drinks



Encourage them to take **regular sips of water** (fruit juice and fizzy drinks can make diarrhoea worse). Feed babies as normal.

If diarrhoea/vomiting is severe, visit your doctor who may prescribe a rehydration solution. If the child is hungry, it's fine for them to eat.

Young babies and those with severe diarrhoea and/or vomiting are most at risk of **dehydration**

Contact info

**NHS 111 (England & Scotland)
or 0845 46 47 (Wales)**

If you are worried about your child's health and don't know what to do, telephone the NHS for advice

3. Wash hands well and often

Use **soap** and dry hands thoroughly with a clean, dry towel or **paper towel**.

Always wash hands after going to the toilet or changing nappies, potties and before touching food.



Ensure hands are washed **thoroughly**

4. Disinfect surfaces



Clean and disinfect **surfaces you touch frequently**, such as door handles, taps and the toilet flush handle, and places where food is prepared.

5. See a doctor

If the child:

- seems particularly unwell
- is passing urine less than normal
- is unusually irritable or sleepy
- has unusually pale or patchy (mottled) skin
- has cold hands and feet.

Working together to promote good hygiene in nurseries



Information for nurseries to help deal with diarrhoea and vomiting outbreaks

This is a reminder of how to be ready for, and manage, an outbreak of diarrhoea and/or vomiting (D&V). The viruses that can cause D&V – such as norovirus and rotavirus – are very contagious, so prompt and effective action is vital to help stop it spreading to others.

Being prepared for an outbreak

- Make sure you have up-to-date contact details for all parents/carers, including additional emergency contacts
- Have a well-stocked 'D&V spill kit', including a designated bowl or bucket, disposable gloves and cloths, waste bags, detergent and disinfectant, and plastic bags for contaminated toys and clothing
- Review and communicate your sickness policy to parents/carers. Provide periodic reminders
- Draw up an action plan for a D&V outbreak, detailing who should do what. Go through it with all staff
- Put up the poster on the reverse of this sheet where staff and parents will see it

Dealing with an outbreak

- Consult the CCDC and/or EHO for advice if an outbreak is suspected
- Apply the '48-hour rule' to *everyone* affected, including staff. If a child becomes unwell at nursery, arrange for them to be collected as soon as possible
- Encourage/supervise good hand washing. Incorporate fun activities that reinforce good hand hygiene (see NDNA's 'Healthy Body, Happy Me: Go germs, GO!' activity guide for ideas)
- Disinfect frequently-touched surfaces (such as light switches, door handles, taps and toilet flush handles) and those that may be contaminated (toilet seats, potties, changing mats)
- Clean up spills of vomit or diarrhoea **immediately**, wearing disposable gloves. Use paper towels to soak up as much as possible and put these into a waste bag. Seal the bag and put into your domestic waste bin outside or offensive/hygiene waste bin, if you have one. Clean the area with detergent and warm water to remove soiling, followed by disinfectant to kill remaining germs
- Remove any toys that have been contaminated, placing them in a sealed plastic bag until they can be cleaned and disinfected. Any contaminated clothing should also be placed in a plastic bag for the parent/carer to take home for washing
- Suspend any cookery activities with the children until the outbreak is over
- Reinforce the messages to parents/carers by giving them a copy of the accompanying A4 information card 'What to do when your child has a tummy bug'

What constitutes an outbreak?

An outbreak is when two or more people (children or adults) experience similar symptoms or are proved to have a particular infection after common exposure to a potential source of germs (e.g. eating the same food or after visiting a farm).

You need to notify your regulatory authority of any outbreak.

England = Ofsted; Wales = CSSIW; Scotland = Care Inspectorate and Health Protection Scotland

- Once the outbreak is over (i.e. 48 hours after resolution of symptoms in the last known case), conduct a deep clean of the nursery. Set up a rota for regular cleaning of soft toys and those that babies/toddlers place in their mouths

Other useful resources

- **What to do when your child has a tummy bug:**
An information sheet for parents/carers on caring for their child and minimising the risk of the bug spreading to others
- **NDNA website:**
www.ndna.org.uk/nursery-hygiene
Free factsheets and resources for nurseries