

Sickness and Illness Policy

This policy has been devised to protect children from illness and the spread of infection. Little Hiccups children are potentially more vulnerable to contagious disease and extra care and vigilance will need to be taken. It is also to ensure that persons who become unwell whilst using Little Hiccups services (such as Stay n Play, Family Fun Days, Hydrotherapy, etc) are treated with sensitivity and respect. This Policy applies to anyone who attends Little Hiccups events or services and includes Little Hiccups families, Trustees and volunteers.

Vulnerable children

Some medical conditions make children vulnerable to infections that would rarely be serious in most children, these include those being treated for leukaemia or other cancers, on high doses of steroids and with conditions that seriously reduce immunity. It also includes those with reduced mobility who are susceptible to chest conditions and those with invasive medical devices which increase the susceptibility to infection such as gastrostomies. Due to the nature of Little Hiccups there are a number of vulnerable children. These children are particularly vulnerable to meningitis, chickenpox, measles or parvovirus B19 and Coronaviruses and, if exposed to any of these, if the parent/carer has recently used a Little Hiccups service, we ask that they inform us promptly so that we can make other families aware. It may be advisable for these children to have additional immunisations, for example pneumococcal and influenza.

Children with any infectious or communicable diseases will be excluded from attending to protect others. Illnesses of this nature are easily transmitted, and exclusion is essential to prevent exposing other children to the risk of infection.

It is vital for the welfare of Little Hiccups children that we follow the **UK Health Security Agency (UKHSA)** for the prevention and control of the spread of diseases and respectfully ask that all users of Little Hiccups services do the same. The Guidelines can be found here:



<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

Diarrhoea And Vomiting

The person in question must be kept away from using Little Hiccups services for a minimum of 48 hours after the last episode of diarrhoea or vomiting.

Coronavirus

Anyone testing positive for COVID-19 or displaying symptoms alongside a high temperature should stay away for at least 3 days (for children) or 5 days (for adults), and not return until they feel well and no longer have a temperature.

Fever

The person in question must be kept away from Little Hiccups services for a minimum of 24 hours or until their fever has returned to normal.

Allergies

Child allergies are potentially serious and may even be life threatening. Parent/carers should notify Little Hiccups via the registration form and event booking form to inform us that their child has an allergy including symptoms and emergency treatment. For Stay n Play, a Special poster will need to be produced and displayed prominently in the Activity Room. Trustees will need to carry out any actions necessary to reduce the risk of contact with any substance that may precipitate an allergic reaction. Ensure that all attendees including Trustees and volunteers are made aware of the risks.

If a child or adult becomes unwell while using Little Hiccups services

Children remain the responsibility of parents/carers at all times at Little Hiccups events and services. However, Little Hiccups Trustees and volunteers are always available to reassure, support and provide First Aid and guidance if necessary.



Little Hiccups First Aiders are: Lissi Williams, Noel Davies-Attack, Belinda Williamson, Laura Beckett, Tracy Reece, Sarah Stewart and Miriam Watson-Pratt

Calling an ambulance

If the sickness is severe, call for an ambulance immediately. Dial 999 and ask for an ambulance. Answer all questions honestly and clearly. When asked to give the address, use the following details:

Stay n Play: Leeds Mencap, The Vinery Centre, 20 Vinery Terrace, Leeds, LS9 9LU

Hydrotherapy: Armley Leisure Centre, Carr Crofts, Leeds, LS12 3HB

Family Fun Days: Due to varying locations, speak to a staff member/lead Trustee on site for the address, or refer to the event page on the Little Hiccups website.

Should it be required, Registration Forms with details such as names, emergency contacts, child's diagnosis and medications can be found on Little Hiccups website which can be accessed through the back end on www.littlehiccups.co.uk/wp-admin using admin logins and then navigating to 'Users'. Due to the confidential nature of these documents, these should only be opened by Little Hiccups Trustees.

Policy agreed by Trustees
on:

Signed by Chairperson:

To be reviewed:



Amendments

Date	Amendment Made	By whom
15/09/2023	3 year review - no amendments made	MWP
24/09/2026	3-year review. Updated PHE to UKHSA; updated COVID-19 isolation guidance; corrected venue names and typos; verified named first aiders.	MWP

