



Organisation Name:

Lakers Social and Recreational Club

Name of Policy:

Member Illness and Medication Policy

Policy updates Approved by Board on: 10/08 /2020

To Be reviewed on __/__/__

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Lakers' has a duty of care to all of its members, volunteers and members of staff. This policy aims to set out procedures to be followed when a member becomes unwell, to ensure that they are well cared for and that, where the cause is of an infectious nature, others are not exposed needlessly. Parents/Services are asked **not** to send their child/resident to Lakers if any of the following apply:

- A member who has an infectious ailment, e.g. diarrhoea, vomiting, heavy cold, should remain at home until they are no longer infectious. The length of time before return will depend on the ailment and on the treatment.
- The member has symptoms of an infectious illness that is mentioned in the list of specific infectious diseases in the HSE Publication: 'Management of Infectious Diseases in School – 2014', Chapter 9. <http://www.hpsc.ie/a-z/lifestages/schoolhealth/File,14304,en.pdf>
- The member does not feel well enough to participate in the normal programme of activities
- The member requires more care than the session leader is able to provide without affecting the health and safety of other members.
- If antibiotics are prescribed for a contagious illness or infection, the member should not attend the centre until 48 hours after treatment has begun and must be showing signs of improvement.

If a member of staff/volunteer contacts a parent/ guardian to say that a member is not well enough to be at Lakers, or travel home on Lakers transport the parent/ guardian **must** arrange to collect the member as soon as possible. This is primarily for the well-being of the member who is unwell. In the case of infectious diseases, it is also very important for the well-being of the other members, the staff and volunteers. Volunteers/staff will aim to keep the member as comfortable as possible while waiting for a parent/ guardian to arrive.

Some Common Ailments requiring Members to Stay at Home or to Visit GP:

HEAVY COLD SYMPTOMS OR FLU LIKE SYMPTOMS: e.g. large amount of yellow-green nasal discharge, sleepiness, ear pain and/or fever. The member should be kept at home until these symptoms have subsided and the he/ she is able to participate in normal activities.

MILD COLD SYMPTOMS: If a members mild cold symptoms would prevent him/ her from participating in normal activities, e.g. significant weariness at onset, streaming watery discharge from nose, persistent cough, he/ she should be kept at home.

FEVER: The normal body temperature is 36.5 to 37.2 C. If the member develops a temperature, she/he should remain at home until 24 hours after the fever has passed.

DIARRHOEA: When the member has had diarrhoea due to infection, he/ she should only return to Lakers once 48 hours have passed following the last loose bowel movement. For example, if a member has his/her last loose bowel movement at 11 am on Sunday morning, he/she cannot return to Lakers until Wednesday morning.

VOMITING: As in the case of diarrhoea, the member should remain at home until 48 hours have passed since last episode of vomiting due to infection.

CHICKEN POX: The member should not Lakers until all scabs are dry and crusted. This is usually 5-7 days after appearance of rash.

CONJUNCTIVITIS: inflammation of the lining of the eye and eyelid, causing sore or red eyes; can be highly contagious if bacterial or viral. Members with red eye/s and a watery or sticky discharge must be evaluated by a doctor, who will advise about return to activities – at least 24 hours after start of treatment, perhaps until fully recovered.

IMPETIGO: The fluid inside the blisters is very infectious. The member should be taken to the doctor who will advise about return to school, usually when blisters have dried and healed or a minimum of 24 hrs after commencing antibiotics,

MUMPS: An acute viral infection that is spread from person to person. Mumps is a notifiable disease. Symptoms of mumps include fever, headache, tiredness and swollen, tender salivary glands (usually the parotid gland which is located just below the front of the ear). Mumps often gives the appearance of swollen cheeks or jaw. If you suspect mumps symptoms the member should stay at home and phone the GP and explain that the member may have mumps.

Administration of Medication in Lakers:

No medication will be administered by Lakers staff or volunteers. Administration of Medicines is the responsibility of Parents/ Guardians.

At present, the one exception to this is the prescribed emergency regime for epilepsy management. Members of staff and volunteers are trained to administer epilepsy medication in the case of an emergency. A Lakers Epilepsy Management plan should be completed with a member of staff when registering/re-registering a member or if the management plan has changed over the course of the year.