



56. Sickness and Illness

EYFS: 3.44, 3.45, 3.46

At The Lodge Preschool and Nursery we promote the good health of all children attending. To help keep children healthy and minimise infection, we do not expect children to attend nursery if they are unwell. If a child is unwell it is in their best interest to be in a home environment with adults they know well rather than at nursery with their peers.

Our procedures

In order to take appropriate action of children who become ill and to minimise the spread of infection we implement the following procedures:

- All Families and staff to follow the Disease and Sickness Table which clarifies any exclusion.
- If a child becomes ill during the nursery day, we contact their parent(s) and ask them to pick up their child as soon as possible. During this time we care for the child in a quiet, calm area with their key person, wherever possible
- We follow the guidance given to us by Public Health England (Health Protection In Schools and other childcare facilities) and advice from our local health protection unit on exclusion times for specific illnesses, e.g. sickness and diarrhoea, measles and chicken pox, to protect other children in the nursery
- Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to nursery until they have been clear for at least 48 hours. We inform all parents if there is a contagious infection identified in the nursery, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment and resources that may have come into contact with a contagious child to reduce the spread of infection
- We notify Ofsted as soon as possible and in all cases within 14 days of the incident where we have any child or staff member with food poisoning.
- We exclude all children on antibiotics for the first 24 hours of the course (unless this is part of an ongoing care plan to treat individual medical conditions e.g. asthma and the child is not unwell) This is because it is important that children are not subjected to the rigours of the nursery day, which requires socialising with other children and being part of a group setting, when they have first become ill and require a course of antibiotics
- Children should be fever free, without the aid of infant paracetamol suspension or Ibuprofen, for at least 24 hours before returning to nursery.
- We have the right to refuse admission to a child who is unwell. This decision will be taken by the manager on duty and is non-negotiable
- We make information/posters about head lice readily available and all parents are requested to regularly check their children's hair. If a parent finds that their child has head lice we would be grateful if they could inform the nursery so that other parents can be alerted to check their child's hair.



Disease or Illness	Recommended	Comments
Athlete's Foot	No Recommended time off from Nursery unless your child or adult is feeling unwell.	Treatment is recommended once identified
Bronchiolitis	No Recommended time off from Nursery unless your child is feeling unwell. Please see the link below: Bronchiolitis - NHS (www.nhs.uk)	Parents to see advice from GP. Usually can be manageable at home.
Conjunctivitis	No Recommended time off from Nursery unless your child is feeling unwell. Please see link below: Conjunctivitis - NHS (www.nhs.uk)	We ask for parents to get medication. If your child has not used the medication before parents will be ask to monitor their child for 24 hours prior to their return to nursery.
Coronavirus	No Recommended time off from Nursery unless your child or the staff member is feeling unwell.	We continue to maintain and promote good hygiene throughout the nursery. Wearing a mask and gloves are no longer required but can be worn by visitors if the wish to do so.
Chickenpox	No return before 5 days. Staff and children can only return once all spots have blistered over. Please see link below: Chickenpox - NHS (www.nhs.uk)	Pregnant women who have never had chickenpox before should seek advice from their GP.
Croup	Children/Adults should remain off until feeling well enough to return. Please see the link below: Croup - NHS (www.nhs.uk)	Seek advice from 111 or GP.
Cold Sore (Herpes Simplex)	No Recommended time off from Nursery unless your child is feeling unwell.	We advise our families with new-borns and those who are pregnant to seek advice from their GP if they have been in contact.
Diarrhoea	The child must be off from Nursery for 48 hours after their last spell of Diarrhoea.	After your child's third loose nappy/stool at the nursery, you will be contacted for collection
Influenza (Flu)	No Recommended time off from Nursery unless your child is feeling unwell.	No cough or cold medicine can be given unless prescribed by the GP. Please check out our medication policy.
Glandular Fever	No Recommended time off from Nursery unless your child is feeling unwell Glandular fever - NHS (www.nhs.uk)	Glandular fever can last for months, we ask that parents and staff to seek advice from their GP.
Hand foot and Mouth	No Recommended time off from Nursery unless your child is feeling unwell. Please see the link below: Hand, foot and mouth disease - NHS (www.nhs.uk)	We recommend that parents keep their child off nursery whilst they are feeling unwell.



Hepatitis A	<p>Exclusion period is 7 days after your symptoms start/7days after Jaundice starts.</p> <p>Please see the link below: Hepatitis A - NHS (www.nhs.uk)</p>	It can normally take from 3 to 6 months to clear up.
Hepatitis B, C	<p>No Recommended time off from Nursery unless your child is feeling unwell</p> <p>Please see link below: Hepatitis - NHS (www.nhs.uk)</p>	Please read more using the NHS link.
Headlice	<p>No Recommended time off from Nursery, however treatment is required promptly</p> <p>Please see the link below: Head lice and nits - NHS (www.nhs.uk)</p>	All parents/families will be made aware of headlice cases and asked to check their child's hair and get treatment.
Impetigo	<p>Child can return to Nursery after 48 hours of treatment..</p> <p>Please see the link below: Impetigo - NHS (www.nhs.uk)</p>	Once noticed on your child, you will be called for collection and advised to take your child to see their GP to get treatment.
Measles	<p>The child must be off Nursery for 4-5 days from when the rash first appeared. We recommend parents keep their child off longer if they remain to feel unwell.</p> <p>Please see the link below: Measles - NHS (www.nhs.uk)</p>	Please read more using the NHS link.
Mumps	<p>Exclusion period is 5 days from after first symptoms started</p> <p>Please see link below: Mumps - NHS (www.nhs.uk)</p>	Seek advice from your GP.
MRSA	<p>No Recommended time off from Nursery unless your child is feeling unwell</p> <p>Please see link below: MRSA - NHS (www.nhs.uk)</p>	We support and promote washing hands, cleaning and general good hygiene throughout the nursery to minimise the spread of infections and viruses.
Meningitis Infection	<p>The child/adult will be able to return once fully recovered.</p> <p>Please see link below: Meningitis - NHS (www.nhs.uk)</p>	
Ringworm	<p>No Recommended time off however, children will not be able to return to nursery until 24 hours after treatment begins.</p>	We advise parents to start their child's treatment ASAP.



Rubella (German Measles)	<p>The child/adult must be off Nursery for 5 days from when the rash first appeared as they will still be infectious. We recommend parents keep their child off longer if they remain to feel unwell.</p> <p>Please see the link below: Rubella (german measles) - NHS (www.nhs.uk)</p>	<p>We recommend anyone who may be pregnant to seek advice from their GP if they have been in contact with someone who may have Rubella.</p>
Sickness	<p>The child must be off from Nursery for 48 hours after their last spell of sickness</p>	<p>After your child's first spell of sickness the parent will be called for collection.</p>
Shingles	<p>Exclusion period applies if the rash remains to ooze as this is the most infectious stage of Shingles. Once all dried up the adult/child will then be able to return.</p> <p>Please see link below: Shingles - NHS (www.nhs.uk)</p>	<p>Please read more using the NHS link.</p>
Slapped Cheeks	<p>No Recommended time off from Nursery unless your child is feeling unwell</p> <p>Please see the link below: Slapped cheek syndrome – NHS (www.nhs.uk)</p>	<p>We recommend anyone who may be pregnant and has had contact to seek advice from their GP ASAP.</p>
Scarlet Fever	<p>Child/Adult should be off for 24 hours until after their first does of treatment.</p> <p>Please see link below: Scarlet fever - NHS (www.nhs.uk)</p>	<p>Please read more using the NHS link.</p>
Scabies	<p>Child/Adult should be off for 24 hours until after their first does of treatment.</p> <p>Please see link below: Scabies - NHS (www.nhs.uk)</p>	<p>Please read more using the NHS link.</p>
Tonsilitis	<p>No Recommended time off from Nursery unless your child is feeling unwell</p> <p>Please see link below: Tonsillitis - NHS (www.nhs.uk)</p>	
Threadworm	<p>No Recommended time off from Nursery unless your child is feeling unwell</p> <p>Please see link below: Threadworms - NHS (www.nhs.uk)</p>	<p>We will ensure to notify families if we have any cases of Threadworm</p>
Tuberculosis	<p>The child/adult will need to remain at home until declared free from the infection by the GP.</p> <p>Please see link below: Tuberculosis (TB) - NHS (www.nhs.uk)</p>	<p>We recommend if you have been in contact with anyone who has contracted TB to please see your GP and get yourself checked out.</p>
Warts and Verrucae	<p>No Recommended time off from Nursery unless your child is feeling unwell.</p>	<p>Verrucae's should be covered up at all times. The nursery needs to be made away if any adults or children have a verrucae.</p>



Whooping cough	The child will need to be off 5 days after their treatment has started. Without treatment the child will not be able to return to nursery for 21days.	
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Reporting “Notifiable Diseases”

If a child or adult is diagnosed as suffering from a notifiable disease under the Health Protection (Notification) Regulations 2010, the GP will report this to Public Health England.

When the nursery becomes aware, or are formally informed of the Notifiable Diseases, the Nursery Manager will inform Ofsted and contact Public Health England and act on any advice given.

- Acute encephalitis
- Acute infectious hepatitis
- Acute meningitis
- Acute poliomyelitis
- Anthrax
- Botulism
- Brucellosis
- Cholera
- COVID-19
- Diphtheria
- Enteric fever (typhoid or paratyphoid fever)
- Food poisoning
- Haemolytic uraemic syndrome (HUS)
- Infectious bloody diarrhoea
- Invasive group A streptococcal disease

- Legionnaires’ disease
- Leprosy
- Malaria
- Measles
- Meningococcal septicaemia
- Monkeypox
- Mumps
- Plague
- Rabies
- Rubella
- Severe Acute Respiratory Syndrome (SARS)
- Scarlet fever
- Smallpox
- Tetanus
- Tuberculosis
- Typhus

For more information please check out the link below:

[Notifiable diseases and causative organisms: how to report - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/organisations/public-health-england/about/notifiable-diseases)

Meningitis procedure

If a parent informs the nursery that their child has meningitis, the nursery manager will contact the Local Area Infection Control (IC) Nurse. The IC Nurse will give guidance and support in each individual case. If parents do not inform the nursery, we will be contacted directly by the IC Nurse and the appropriate support will be given. We will follow all guidance given and notify any of the appropriate authorities including Ofsted if necessary.



Transporting children to hospital procedure

The nursery manager/staff member must:

- Call for an ambulance immediately if the sickness is severe. DO NOT attempt to transport the sick child in your own vehicle
- Whilst waiting for the ambulance, contact the parent(s) and arrange to meet them at the hospital
- Redeploy staff if necessary, to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Arrange for the most appropriate member of staff to accompany the child taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Inform a member of the management team immediately
- Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

This policy was adopted on	Signed on behalf of the nursery	Date for review
19/05/2021	<i>Natasha Eftekhari</i>	19/05/2022
	<i>Leiha Goodall</i>	07/11/2023