



Illness and infection policy

Rationale

I am committed to providing an environment for children that helps prevent the spread of infection. This will entail children who are known to be infectious being kept away from my setting in order to maintain the health of others, and to prevent the setting from closing to all families due to my own or my household's illness.

We are primarily an active, outdoor setting so please bear this in mind when considering whether your child will be able to fully participate in our normal daily routine.

Procedure

If your child is slightly unwell due to a simple cold, teething etc. and can join in and enjoy the normal routines of the childminding day, please discuss this with me because they may still be able to attend. However happy your child is here when well, when poorly they will be much happier with their family, so if they are feeling really unwell, please keep them at home.

Please do not give your child Calpol or other similar pain-relieving medication within four hours of them attending my setting, as this may mask their illness and mean they become unwell at my setting.

If your child becomes unwell during the day, I will contact you and it may be necessary for you to collect them. I will keep your child as comfortable as possible until you arrive, but will not be able to isolate them from other children so a prompt collection is required.

Children with a notifiable disease must not attend until they have been cleared by their GP. If you are not sure if an illness is notifiable, please ask your GP or Health Visitor. I will inform you if any other child or adult has an infectious or notifiable disease. If a child who attends my setting has a notifiable disease, I am required to notify Ofsted as soon as reasonably practicable but always within 14 days. In the event of an outbreak I will also contact the UK Health Security Agency (UKHSA) and act on any advice given.

The following list is not exhaustive, so if your child's condition or illness is not covered below, please contact me to discuss if your child is well enough to attend.

Antibiotics

Please keep your child home for the first 48 hours after they start a new course of antibiotics. This is in order to prevent infection from spreading, to ensure there is no short-term reaction to the medication and to ensure your child is recovered enough from their illness that they are well enough to take part in the rigours of the setting's daily activities.

Chicken pox

Please keep your child at home for a minimum of five days after the day on which the first spots appear. Before returning to the setting, all of your child's spots must have crusted over and they must not have any new, open or weeping spots.

Conjunctivitis

Conjunctivitis is highly contagious and can be extremely painful. Please keep your child at home for two full days after their first dose of antibiotics (day zero). If antibiotics are not prescribed (either by a GP or a pharmacist), please keep your child at home until their eye is no longer producing discharge during the day.

Coughs and colds

Your child is welcome to attend - providing you or a nominated contact can make a swift collection if required - if your child has a clear runny nose and they are otherwise active, playful and rested.

Covid

Although there is no longer a requirement to test for covid, current guidelines recommend that children who test positive for covid "try to stay at home and avoid contact with other people for three days". I therefore have a three day exclusion period following a positive covid test, and your child must be fit and well in themselves, free of fever for 48+ hours, and be able to join in with the full day's activities without the support of calpol or similar.

If a member of your child's household tests positive for covid, please let me know as soon as possible. If your child develops any cold-like symptoms within two weeks of the last positive test received within the family, there will be an automatic three day exclusion.

I am asthmatic and due to how badly illnesses can affect me I am eligible for additional treatments if I test positive for covid. Current guidelines recommend that adults who test

positive for covid “try to stay at home and avoid contact with other people for five days”. I will only reopen when I feel well enough to do so.

Dehydration

If your child is showing symptoms of dehydration, please keep them home until they are eating and drinking normally, are back to having their usual number of wet nappies in a 24 hour period (or usual number of wees if using a potty or toilet) and their urine is clear or very pale.

Fever / high temperature / hot to the touch

If your child is unwell with a fever, a high temperature or they are hot to the touch, please keep your child home until they are free of the fever / temperature for at least 48 hours ***without the help of Calpol or other similar medication that is designed to reduce temperatures***. They will also need to be generally well in themselves in order to return.

Hand, foot and mouth

Hand, foot and mouth is highly contagious and can cause both children and adults to be very poorly. Please keep your child at home for a minimum of five days after the date of diagnosis (day zero). Your child must 48 hours free from high temperature without the aid of Calpol or similar, and be generally well in themselves, in order to return.

Headlice (nits)

Managing a headlice infestation can take several days. Your child can return to my setting once they have received their first treatment. If I become aware of a child in my setting having headlice, I will recommend to all families of the children at my setting that their child is checked for headlice.

Heat exhaustion

Babies and young children can become ill quickly from the heat. Please keep your child at home if they display symptoms of heat exhaustion:

- tiredness
- weakness
- feeling faint
- headache
- muscle cramps
- feeling or being sick (48 hour exclusion from the last instance will apply)
- heavy sweating
- feeling very thirsty

- heat rash (see 'Rash' below for further exclusion details)
- behaving strangely

Heatstroke

Heatstroke is a medical emergency and requires professional medical treatment. It can take several days for your child to recover from the symptoms of heatstroke. Following completion of treatment, please keep your child at home for a minimum of three full days to allow them to recover. Symptoms of heatstroke include:

- a very high temperature
- hot skin without sweating
- fast breathing and a fast heartbeat
- confusion and restlessness
- seizure (fit)
- loss of consciousness

Impetigo

Please keep your child at home until all lesions are crusted and healed, or two full days after the date on which antibiotic treatment is started.

Rash

Rashes can be caused by a variety of different physical, environmental and medical reasons. Please keep your child at home and seek diagnosis from a medical professional for any undiagnosed rash.

Rashes that have been diagnosed by a medical professional will either be accepted into the setting, or excluded for a period of time, based on the diagnosis. If we are in any doubt, we may err on the side of caution to prevent the spread of infection. Please discuss your child's diagnosis with us before attending the setting.

Scarlet fever/Strep A infection

Strep A in all its forms is highly contagious and can make children and vulnerable adults very unwell. In the worst cases it can result in death. Please keep your child home at the first sign of any symptoms. Your child can return once they have had a minimum of two full days on antibiotics, and are fit and well in themselves without this assistance of painkillers.

Shingles

Unless all of your child's spots are crusted, or can be kept fully covered and away from scratching fingers, please keep your child at home. Once the spots are crusted, or if they

can be kept fully covered and will not be touched by your child, they can return as long as they are generally well in themselves.

Threadworms

Threadworms are extremely contagious and will need for the whole family to be treated, not just your child. Please keep your child at home for 48 hours after the whole of your family has been treated. If I become aware of a child in my setting being diagnosed with having threadworms, I will recommend to all families of the children at my setting that their whole family is treated on a precautionary basis, though no exclusion applies for any child without confirmed threadworms.

Vomiting (being sick) and/or diarrhoea

Please keep your child home for 48 hours (two full days) after their most recent bout of vomiting or diarrhoea. They will also need to be generally well in themselves in order to return.

Other general symptoms

Come and play!	Available for swift collection	Please stay home
• Clear runny nose • Light cough that doesn't affect play or breathing • Active, playful and rested • Generally well in themselves	• Free from fever/ temperature for 48 hours without medicine • Free from diarrhoea and vomiting for 48 hours	• Fever/ high temperature/ hot to the touch (plus 48 hours) • Wheezing or shortness of breath • Yellow/green runny nose • Lethargy or excessive tiredness • Cough that causes gagging or vomiting • Diarrhoea (plus 48 hours) • Vomiting (plus 48 hours) • Discharge from eyes • Sore throat or swollen glands • Undiagnosed rashes • Uncovered sores • First 48 hours of course of antibiotics

How to calculate your child's illness exclusion period

Exclusions due to illness are measured in full days, following the date of diagnosis or identification. Exclusions due to medication are measured in full days, following the date

on which the medication was started. For the avoidance of doubt, the date of diagnosis, identification or starting medication is classed as 'day zero'. The following day would be day 1, and so on. We do not include partial days in the calculation of illness exclusion periods.

Charges during illness and infection absences

Please see my Fees Policy for details of any charges which may apply during absences caused by illness or infection. The Fees Policy forms part of your contract.

Signature: Meg Hearne

Date: 03 July 2026