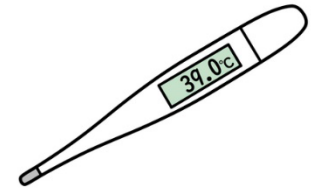


# Sickness and Illness



## Aim

At Lake View Nursery, we recognise that we have a responsibility to promote high standards of health and to protect children, staff and all who visit the setting against infectious diseases, and illnesses. The health and well-being of children and staff is of paramount importance to us.

To maintain a clean and healthy environment for all children and staff we ask that parents/carers refrain from bringing a child to the setting if he/she is displaying any signs of illness.

## Procedure

- If a child becomes unwell during their session, staff who are caring for the child will assess their condition. The child may be distressed, so it is in their best interest that their key person or another staff member with a strong bond with the child is the person to be with them where possible.
- One of the management team should be informed as soon as possible of any sick child. They may make the decision that they need to be collected or sometimes we may offer to administer paracetamol or ibuprofen if the child has some stored here.
- Decisions will consider the needs of the individual child and those of the group. It is the manager's final decision when requesting the exclusion of a child for an illness or infection. Staff may refer to the infectious diseases and exclusion periods table when deciding. They may be excluded for a certain period stated, which has been taken from the *Department of Health guidance on infectious diseases* as shown below.
- If staff suspect that the illness is an infectious or contagious disease, they will request that the parent should consult a doctor before returning the child to nursery. Parents are also encouraged to let the nursery know the outcome as soon as they can.
- Staff will use the emergency contacts from the child's entry form when contacting parents/carers to collect the child. If the legal guardian is not contactable the staff will contact the next person on the form, such as a grandparent.
- We recommend that no child may attend the nursery while suffering from one of the communicable diseases and they should be excluded for the minimum periods recommended.

- Although exposure of children to a communicable disease is not in itself sufficient reason to require their exclusion from nursery, any child who becomes a home contact of diphtheria, poliomyelitis, typhoid, and paratyphoid fevers will be excluded.
- Coughs and colds do not normally require the child to stay home from nursery, but this will be judged on a case-by-case basis depending on the severity and how well the child will be able to cope with the nursery routine.
- A child who vomits during their time at nursery (without an understandable cause) must be collected as soon as possible.
- Though we recognise that diarrhoea may have several causes, our staff are very vigilant if a child does have diarrhoea whilst at nursery. Our general rule is that if a child has two or more episodes of diarrhoea, they are to be collected as soon as possible. There will be times when there are exceptions to this where the cause of the diarrhoea is clear, or a child only has one episode of diarrhoea, but it is accompanied by other symptoms.
- A 48-hour exclusion period will follow any cases of sickness and/or diarrhoea which does not have an explainable cause (such as a dietary reaction).
- Parents will be contacted and informed if their child has a temperature of 101F/38C or above.
- If a child has been unwell at home but is not showing signs of symptoms when brought to nursery, it is the parent/carer's responsibility to inform staff at drop off.
- If a child is sent home due to a significant accident the parent will be shown the accident form which explains the incident. This will be signed by whoever collects the child that day. If the child is not collected by a primary carer, they will be informed of the incident by a phone call and this will be noted onto the form to evidence that they were told.

## Exclusion Period Table

Below is a table taken from 'Guidance on Infection Control in Schools and other Child Care Settings. Last updated: May 2026

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/public-health-exclusion-periods-in-children-and-young-peoples-settings>

Infection	Exclusion period	Comments	When to contact your local health protection team
Athlete's foot	None	Individuals should not be barefoot at their setting and	You do not need to contact

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 Last updated: May 2026  
 By: Abigail Maturi (Nursery Manager)



		should not share towels, socks or shoes with others.	your health protection team
Chickenpox	Infected people should stay away from the setting until all the spots have formed a scab, this is usually around 5 days after the rash first appears.	Pregnant staff should consult with their GP or midwife.	Only contact your local <a href="#">health protection team</a> if scarlet fever and chickenpox are circulating at your setting at the same time within the same group
Cold sores (herpes simplex)	None	Avoid kissing and contact with the sores.	You do not need to contact your health protection team
Conjunctivitis	None	If an outbreak/cluster occurs, consult your local HPT	You do not need to contact your health protection team
Respiratory infections including Coronavirus	Infected people should stay away from the setting if they have more than mild symptoms, for example, a high temperature	Children with mild symptoms such as a runny nose and headache who are otherwise well can continue to attend the setting.	Only contact your local <a href="#">health protection team</a> if there's an unusually high number of absences, or if someone is admitted to hospital because of COVID-19
Diarrhoea and vomiting	Individuals can return 48 hours after diarrhoea and vomiting have stopped.	If a particular cause of the diarrhoea and vomiting is identified, there may be additional exclusion advice, for example, E. coli STEC and hep A.	Only contact your local <a href="#">health protection team</a> if you need further specialist advice
Diphtheria *	Infected people should stay away from the setting until it's been confirmed safe to return by their healthcare professional	Preventable by vaccination. For toxigenic diphtheria, only family contacts must be excluded until cleared to return by your local HPT.	Contact your local <a href="#">health protection team</a>
E. coli (STEC)	Infected people should stay away from the setting for 2 days, children under 6 should stay away until it's been confirmed		Contact your local <a href="#">health protection team</a>

	safe to return by their healthcare professional		
Flu (influenza) or influenza-like illnesses	Until recovered	Report outbreaks to your local HPT.	Only contact your local <a href="#">health protection team</a> if there is increasing absence or serious illness
Food poisoning	Infected people should stay away until 48hours after diarrhoea and vomiting has stopped		Only contact your local health protection team if there are 2 or more people at your setting with similar symptoms who are linked
Glandular fever	None	None	You do not need to contact your health protection team
Group A strep (GAS) and invasive group A strep (iGAS)	Infected people should stay away from the setting until 24 hours after they started antibiotics treatment		Only contact your local health protection team if anyone has invasive group A strep
Hand foot and mouth	None Exclusion may be considered in some circumstances.		You do not need to contact your health protection team
Head lice	None		You do not need to contact your health protection team
Hepatitis A*	Infected people should stay away from the setting until 7 days after their symptoms started	In an outbreak of hepatitis A, your local HPT will advise on control measures	Only contact your local health protection team if there are 2 or more infected people at your setting who are linked
Hepatitis B*, C*, HIV	None	Hepatitis B and C and HIV are blood-borne viruses that are not infectious through casual contact. Contact your local HPT for more advice	You do not need to contact your health protection team
Impetigo	Until lesions are crusted or healed, or 48 hours after	Antibiotic treatment speeds healing and reduces the infectious period.	You do not need to contact your health protection

	starting antibiotic treatment.		team
Measles	Infected people should stay away from the setting until 4 days after their rash started	Preventable by vaccination (2 doses of MMR). Promote MMR for all pupils and staff. Pregnant staff contacts should seek prompt advice from their GP or midwife	Contact your local <a href="#">health protection team</a>
Meningococcal meningitis* or septicaemia*	Infected people should stay away from the setting until they do not have symptoms	Meningitis ACWY and B are preventable by vaccination. Your local HPT will advise on any action needed.	Contact your local health protection team
Meningitis* due to other bacteria	Until recovered	Hib and pneumococcal meningitis are preventable by vaccination (see national schedule @ <a href="http://www.nhs.uk">www.nhs.uk</a> ) Your local HPT will advise on any action needed	Contact your local health protection team
Meningitis viral*	None	Milder illness than bacterial meningitis. Siblings and other close contacts of a case need not be excluded.	Contact your local health protection team
MRSA	None	Good hygiene, in particular handwashing and environmental cleaning, are important to minimise spread. Contact UKHSA HPT for more information	You do not need to contact your health protection team
Mumps*	Infected people should stay away from the setting until 5 days after onset of swelling	Preventable by vaccination with 2 doses of MMR (see national schedule @ <a href="http://www.nhs.uk">www.nhs.uk</a> ). Promote MMR for all pupils and staff.	Only contact your local health protection team if there's an outbreak at your setting
Mpox	Infected people should stay away from the setting until their healthcare professional confirms its safe for them to return		Contact your local health protection team
Norovirus	Infected people should stay away from the setting until 2 days after their diarrhoea and vomiting has stopped		Only contact your local health protection team if you need further specialist advice
Ringworm	Infected people should stay away from the setting	Treatment is needed.	You do not need to contact your health protection

	until they have started treatment		team
Rubella* (German measles)	Infected people should stay away from the setting until 5 days after their rash started	Preventable by vaccination with 2 doses of MMR. Promote MMR for all pupils and staff. Pregnant staff contacts should seek prompt advice from their GP or midwife	You do not need to contact your health protection team
Scarlet fever*	Infected people should stay away from the setting until 24 hours after they started antibiotics treatment	Individuals who decline treatment with antibiotics should be excluded until the resolution of symptoms. In the event of two or more suspected cases, please contact UKHSA HPT.	Only contact your local health protection team if scarlet fever, chickenpox, or flu are circulating at your setting within the same group at the same time who are linked
Scabies	Infected people who are aged 5 and under, or cannot follow the guidance, should stay away from setting until 24 hours after their first treatment	Household and close contacts require treatment at the same time.	Only contact your local health protection team if there are 2 or more people at your setting with scabies who are linked
Shingles	Infected people should stay away from the setting if their spots cannot be covered or have not formed scabs		You do not need to contact your health protection team
Slapped cheek /Fifth disease/Parvovirus B19	None (once the rash has developed)	Pregnant contacts of the case should consult with their GP or midwife.	You do not need to contact your health protection team
Threadworms	None	Treatment recommended for child and household.	You do not need to contact your health protection team
Tonsillitis	None	There are many causes, but most cases are due to viruses and do not need an antibiotic treatment	
Tuberculosis (TB)	Infected people with active TB should stay away from the setting until 2 weeks after they started antibiotics treatment	Only pulmonary (lung) TB is infectious to others. Needs close, prolonged contact to spread. Your local HPT will organise any contact tracing	Contact your local health protection team if anyone at your setting has TB or suspected TB

Warts and verrucae	None	Verrucae should be covered in swimming pools, gyms and changing rooms	
Whooping cough (pertussis)*	Infected people should stay away from the setting until they have taken antibiotics for 2 days, or for 14 days from onset of symptoms if no antibiotics	Preventable by vaccination. After treatment, non-infectious coughing may continue for many weeks. Your local HPT will organise any contact tracing	Only contact your local health protection team if there are more than 2 cases at your setting who are linked

\*Denotes a notifiable disease. Registered medical practitioners in England and Wales have a statutory duty to notify their local authority or UK Health Security Agency (UKHSA) HPT of suspected cases of certain infectious diseases.