Little Stars Pre-school
at Emmanuel Church

Sickness and Illness Policy

Introduction

At Little Stars Preschool we promote the good health of all children attending. To help keep children healthy and minimise infection, we do not expect children to attend Preschool if they are unwell or if they have had Calpol or similar medication at home prior to the Preschool day. 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 Preschool with their peers.

This policy should be read in conjunction with:

- The Infection Control Policy
- The Health and Safety – General Policy

If a Child Becomes Ill at Pre-school

Staff build up a close relationship with the children and become familiar with each individual child's personality and behaviour. Staff can quickly pick up on signs of a child not being themselves either behavioural e.g. not having snack, or physical e.g. being flushed in the face, watery eyes, and clammy skin.

In the case of children who become ill and to minimise the spread of infection we implement the following procedures:

- If a child becomes ill during the Preschool 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
- If a child is being sick or has diarrhoea, then the parent/carer will be contacted straight away and the child must be taken home and not return to pre-school until after 48 hours without any symptoms.

Transporting children to hospital procedure

If it is necessary to take a child to hospital, the Preschool 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

- 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 incident.

Exclusion from Pre-school

We follow the guidance given to us by Public Health England (formerly the Heath Protection Agency) in Guidance on Infection Control in Schools and other Child Care Settings 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 Preschool

- Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to Preschool until after the prescribed period (see **Minimum periods of exclusion from Pre-school** at end of this policy). 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 inform all parents if there is a contagious infection identified in the Preschool, 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 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 Preschool 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
- We have the right to refuse admission to a child who is unwell. Additionally, if a child has had Calpol or similar medication at home. This decision will be taken by the manager and is non-negotiable

Meningitis procedure

If a parent informs the Preschool that their child has meningitis, the Preschool manager will contact the Infection Control (IC) Nurse for their area. The IC Nurse will give guidance and support in each individual case. If parents do not inform the Preschool, 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.

Head Lice

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 Preschool so that other parents can be alerted to check their child's hair.

Illness Information:

Minimum periods of exclusion from Pre-school

Your child should not attend the nursery if they are suffering from the following
(unless the Minimum Exclusion Period column indicates “none”)

Disease/Illness	Minimum Exclusion Period
Covid19	In line with relevant symptoms below
Antibiotic prescribed	First 2 days at home
Temperature	If sent home ill, child must be off for 24 hours
Vomiting	If sent home ill, child must be off for 48 hours from last episode
Diarrhoea and/or Vomiting	48 hours from last episode
Conjunctivitis	Keep at home for 2 days, thereafter until eyes are clear
**Chickenpox	5 days from appearance of rash, thereafter till scabs are dry
**Rubella (German Measles)	5 days from onset of rash
**Fifth Disease (Slapped Cheek)	None
**Shingles	None
**Gastro-Enteritis/Food Poisoning Salmonellosis and Dysentery	Public Health England and local Health Protection Team to advise. Parents please notify the Pre-school.
Infective Hepatitis	7 days from onset of jaundice
Measles	7 days from appearance of the rash, thereafter till temperature normal and other symptoms clear
Meningococcal Infection	Until recovered from the illness
Mumps	Until the swelling has subsided and 7 days from onset
Pertusis (Whopping Cough)	21 days from the onset of paroxysmal cough
Flu (Influenza)	Until recovered
Tuberculosis (TB)	Until declared free from infection by doctor
Poliomyelitis	Until declared free from infection by doctor
Rubella (German measles)	5 days from onset of the rash
Scarlet Fever and Streptococcal Infection of the Throat	Until medical treatment has been given and no less than 3 days from the start of treatment
Impetigo	Until the skin is healed
Pediculosis (Head Lice)	Until appropriate treatment has been given

Disease/Illness	Minimum Exclusion Period
Plantar Warts	No exclusion – should be treated and covered
Ringworm of Scalp	Until cured
Ringworm of the Body	Seldom necessary to exclude provided treatment is given
Scabies	Need not be excluded once treatment has been given
Hand Foot and Mouth	Until blisters have healed and doctor's certificate obtained
Threadworm	None
Cold Sores (herpes simplex)	None (avoid kissing and contact with sores)

Coughs and colds no not normally require exclusion unless they are severe or your child is distressed. Please note that this list is not exhaustive and you should seek medical advice if you are concerned or uncertain.

****If you are in the early stages of pregnancy or have a vulnerable child please see advice on NHS poster at Pre-school AND consult with your Doctor as soon as possible.**

Review / Version Control				
Review period - 3 years				
Version	Created	Reviewed	Initials	Changes
Sickness and Illness Policy (v1.0)	05/2020		DH / AP	
Sickness and Illness Policy (v2.0)	09/2021		DH AP	Rewritten
Sickness and Illness Policy - Oct24 – v2.1	10/2024		DH AP	Changed template and version control. Changes to order and heading and minor changes to wording
Sickness and Illness Policy – v2.2	09/2026		DH SH AP	Qualificatoin that 48hours is from last episode and other minor wording changes.