



Sickness and Illness

At Little Explorers Day Nursery and Preschool, we are committed to promoting the good health, wellbeing, and safety of all children in our care. We recognise that preventing the spread of infection and responding appropriately to illness is a key part of safeguarding children.

This policy is underpinned by current legislation and guidance, including the Statutory Framework for the Early Years Foundation Stage and guidance from the UK Health Security Agency, including Health protection in children and young people settings.

Promoting Good Health

We promote children's health and wellbeing by:

- Asking parents/carers to keep children at home if they are unwell
- Asking staff and visitors not to attend the setting if they are unwell
- Providing balanced, nutritious meals, snacks, and drinks
- Promoting oral health, including reducing sugary foods and encouraging good dental hygiene practices
- Maintaining high standards of hygiene, including regular handwashing and cleaning procedures (see Infection Control Policy)
- Ensuring good ventilation and regular access to outdoor play
- Providing appropriate rest and sleep opportunities for children
- Sharing information with parents about childhood vaccinations in line with NHS guidance
- Supporting children to learn about hygiene practices such as handwashing and "catch it, bin it, kill it"

Managing Illness in the Setting

If a Child Becomes Unwell

If a child becomes unwell whilst at nursery:

- Parents/carers will be contacted immediately and asked to collect their child as soon as possible
- The child will be cared for in a quiet, comfortable area, supervised by a familiar member of staff
- Appropriate personal protective equipment (PPE) will be used where necessary
- The child will be closely monitored until collection
- Children with a temperature of 39c or above will be asked to collect immediately

Exclusion Periods and Infectious Illness

To minimise the spread of infection:

- We follow the latest guidance from the UK Health Security Agency and our local Health Protection Team
- Children with sickness and/or diarrhoea must not return to nursery until they have been clear for at least 48 hours from the last episode
- Children must be fever-free for at least 24 hours without medication before returning
- Children should only attend nursery if they are well enough to participate in normal daily activities

Antibiotics alone are not a reason for exclusion. However, if a child is unwell or has a contagious condition, exclusion periods will apply in line with UKHSA guidance.

Infection Control

We reduce the spread of infection by:

- Encouraging effective handwashing throughout the day
- Cleaning and disinfecting resources, equipment, and high-touch surfaces regularly
- Implementing enhanced cleaning procedures during outbreaks
- Ensuring safe disposal of tissues and waste
- Following appropriate infection control procedures at all times

Outbreak Management

In the event of an outbreak of infectious illness:

- We will seek advice from our local Health Protection Team
- We will inform parents/carers promptly
- We will implement any additional control measures as advised
- We will notify Ofsted where required

We will notify Ofsted as soon as reasonably practicable, and within 14 days, of any incident of food poisoning affecting two or more children cared for on the premises.

Admission of Unwell Children

In the interest of the health and safety of all children and staff:

- The nursery reserves the right to refuse admission to a child who is unwell
- This decision will be made by the manager or senior staff member on duty

Head Lice

- Information about head lice is available for parents
- Parents are asked to check their child's hair regularly
- If head lice are identified, parents should inform the nursery so other families can be advised to check

Serious Illness and Emergency Procedures

If a child becomes seriously ill or requires urgent medical attention:

- A member of staff will immediately inform the management team

- An ambulance will be called by dialling 999
- Staff will follow the instructions of the emergency call handler
- Parents/carers will be contacted immediately
- A member of staff will accompany the child to hospital with relevant documentation
- Staffing arrangements will be adjusted to ensure ratios are maintained
- Children will be reassured and supported following the incident

Meningitis Procedure

If a case of meningitis is reported:

- The nursery manager will contact the Health Protection Team for guidance
- All advice provided will be followed
- Parents and relevant authorities will be informed as required

Staff Illness

- Staff must not attend work if they are unwell or infectious
- Staff must follow the same exclusion periods as children
- Staff must report illness in line with the nursery's absence procedures
- Staff must be fit to work before returning

Notifiable Diseases

The nursery will comply with legal requirements relating to the reporting of notifiable diseases and will work with relevant health authorities where required.

Working in Partnership with Parents

We work in partnership with parents by:

- Sharing information about illness, exclusion periods, and health guidance
- Providing up to date information from health authorities
- Supporting parents to make informed decisions about their child's health
- Encouraging open communication regarding children's health needs

Related Policies

This policy should be read alongside:

- Infection Control Policy
- Administering Medication Policy
- Health and Safety Policy
- Safeguarding and Child Protection Policy

Policy Review

This policy will be reviewed annually, or sooner if there are changes to legislation or guidance.

This policy was adopted on	Reviewed
<i>24/01/2022</i>	<i>1st May 2026</i>