



OPERATIONAL PLAN STANDARD 7 - HEALTH

Supporting Documentation S7.6 Sick Child Policy and Procedure

Policy Statement:

At Kaleidoscope nursery, we are committed to providing a safe and healthy environment for all children in our care. We understand that illness is sometimes unavoidable, but it is essential to manage sick children appropriately to prevent the spread of infection and ensure the comfort and well-being of the unwell child. This policy outlines the procedures for managing children who become ill while in the setting, including when to exclude children from attending, how to care for sick children, and the communication required with parents/carers.

This policy complies with the guidelines set out in the *Early Years Foundation Stage (EYFS)* framework and recommendations from Public Health England.

1. Aims of the Policy

- To ensure the safety and well-being of children, staff, and visitors by preventing the spread of illness and infection.
- To provide clear guidelines on when a child should be excluded from the setting due to illness.
- To ensure that sick children are cared for compassionately and safely until they can be collected by a parent/carer.
- To maintain open communication with parents/carers regarding the health of their child and the setting's exclusion policies.

2. Identifying a Sick Child

A child may be considered unwell if they display any of the following symptoms:

- Fever of 38°C (100.4°F) or higher.
- Vomiting or diarrhoea.
- A rash, particularly one that is unexplained or accompanied by a fever.
- Severe coughing or difficulty breathing.
- Lethargy, irritability, or general discomfort.
- Signs of infection, such as conjunctivitis, sore throat, or earache.
- Any other symptoms that cause concern for the child's well-being or indicate a contagious illness.

3. Exclusion from the Setting

When to Exclude a Child

Children should not attend the setting if they are unwell and have symptoms that may be contagious or prevent them from fully participating in the day's activities. The following are examples of situations where a child should be excluded:



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- **Fever:** If the child has a fever of 38°C or higher, they should be kept at home until their fever has broken, and they are well enough to return.
- **Vomiting/Diarrhoea:** Children must stay home and cannot return until at least 48 hours after the last episode of vomiting and/or diarrhoea.
- **Contagious Illnesses:** Children diagnosed with contagious illnesses such as chickenpox, should stay home for the duration of the illness and only return once they are no longer contagious, as advised by the Government health publication.
- **Rashes:** Any unexplained rash, especially if accompanied by a fever, should be assessed by a doctor before the child returns to the setting.

3.2 Common Exclusion Periods

We follow Public Health England's guidance for exclusion periods:

- <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/managing-specific-infectious-diseases-a-to-z>

4. Procedure for Managing a Sick Child in the Setting

Immediate Response

- If a child becomes unwell while in the setting, they will be assessed by a qualified first-aid trained staff member.
- The child will be made comfortable and kept in a quiet area away from other children, while being closely supervised by a staff member.
- Parents/carers will be contacted immediately and asked to collect their child as soon as possible.
- The child's condition will be monitored, and if there is a significant deterioration, the staff will seek medical advice or call emergency services.

Comfort and Care

- While waiting for their parent/carer, the child will be kept comfortable, reassured, and provided with any necessary care, such as offering fluids or rest.
- The staff member caring for the child will use appropriate hygiene measures, including wearing gloves when necessary, and cleaning any areas the child has come into contact with.



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5. Returning to the Setting After Illness

When a Child Can Return

- Children can return to the setting once they are fully recovered and free of any symptoms that may indicate a contagious illness. They must have completed the recommended exclusion period for their illness (if applicable).
- Parents/carers should confirm that their child is well enough to participate in the full range of activities at the setting, including outdoor play.

Medical Clearance

- In some cases, the setting may request a doctor's note or medical clearance before allowing a child to return, particularly after a serious illness or contagious condition.
- Children with long-term or ongoing medical conditions (such as asthma or diabetes) will have individual MEDALS, which will guide their care and any necessary arrangements after illness.

6. Managing Infectious Diseases

Notification of Infectious Diseases

- Parents/carers must inform the setting if their child is diagnosed with a contagious illness so that appropriate infection control measures can be implemented. This particularly applies to slapped cheek, measles, shingles and chicken pox as these can be harmful to expectant mothers and those with low immune systems. Where we have a child at the setting who is immunosuppressed, they will be notified immediately if there is an outbreak of one of these communicable diseases.
- The setting will notify parents/carers if there is an outbreak of a contagious illness, while maintaining confidentiality regarding the affected children.

Infection Control Measures

- The setting follows strict hygiene and infection control procedures to minimise the spread of infections. This includes regular cleaning of toys, surfaces, and high-touch areas, as well as handwashing routines for staff and children.
- Children who develop symptoms of a contagious illness will be isolated from others to prevent further spread until they can be collected.
- We will follow advice from the HSE regarding any notifiable diseases and follow all recommended advice and inform Ofsted if applicable.

Headlice

- There is no exclusion for head lice, but parents are asked to treat their children as soon as possible. This can be with conditioner and a Nit comb, headlice treatment from the pharmacy, or on prescription if parents cannot afford the treatment. Parents who continue to bring their child to Nursery when they



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continue to present with head lice may be asked not to bring their child in until all lice and eggs have been removed. This is only when parents have not engaged and head lice becomes a concern for neglect.

7. Administering Medication

Medication for Sick Children

- If a child requires medication during the day, parents/carers must complete a Medication Consent form. This may be a Long-Term medication form or a Short-Term medication form depending on the prescription and medical requirements. This form will detail the medication, dosage, and administration times, and will also be signed by the administrator of the medication and the witness.
- Only prescribed medications or those accompanied by a doctor's note will be administered by trained staff, in accordance with our Medication Policy. Exceptions to this rule are counter-bought medications such as Calpol and Nurofen.

8. Communication with Parents/Carers

Informing Parents/Carers

- Parents/carers will be informed if their child shows signs of illness while in the setting, and they will be asked to collect their child promptly if needed.
- Daily feedback will be provided to parents/carers about any health concerns observed during the day, particularly if a child appears tired, irritable, or uncomfortable.

Exclusion and Return Guidelines

- Clear information will be provided to parents/carers regarding the exclusion periods for common illnesses and when it is safe for their child to return to the setting.

9. Staff and Child Absences

- Staff members who are unwell or show symptoms of contagious illnesses must remain at home until they are symptom-free and have completed the required exclusion period.
- Staff must inform the management team as soon as possible if they are unable to attend work due to illness, and arrangements will be made to ensure appropriate staffing levels are maintained, as per the Code of Conduct.
- Parents should email or telephone the Nursery to inform staff if their child will not be attending. Where 45-60 minutes have passed from the start of the child's session and they haven't arrived, Same Day Callback will be in operation. It must be recorded on the registers as to why the child has not attended nursery



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Cross-Reference with: S7.2 Cleaning Policy and Procedure S7.3 First Aid Policy and Procedure S7.4 Health and Safety Policy and Procedure S12.2 Partnership with Parents Policy and Procedure S13.1 Safeguarding Policy and Procedure S13.2 Child Protection Policy and Procedure	Date of Review: 01.11.25 Next Review Due: 01.11.26 Approved by: KMT
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