Policy on illness and duration off nursery

This policy has been drawn together using:

- Nhs guidance
- www.gov.uk – List of notifiable diseases
- EYFS Statutory Framework 2025
  3.44. The provider must promote the good health of children attending the setting. They must have a procedure, discussed with parents and/or carers, for responding to children who are ill or infectious, take necessary steps to prevent the spread of infection, and take appropriate action if children are ill. (EYSF 2025)

Illness	What is it?	Days child needs to be away from nursery
Chicken pox	This virus is **highly contagious**, but once you've had it, you **usually don't get it again**. Your child has a high temperature first, then possibly a **blotchy rash**, fading after a couple of days to be replaced by red, fluid-filled **blisters**. These scab over in five to seven days, then disappear. Your child may feel unwell, or seem fine except for itching – each child's different.	• Stay home until all spots have scabbed over. Usual treatment is with camomile lotion. Seek doctor advice and pharmacist advice.
Conjunctivitis	The conjunctiva, a membrane that lines the white of the **eye**, becomes pink and **inflamed** due to **infection**, **allergy** or **irritation**. Bacterial conjunctivitis is very infectious. Your child's eye is likely to be **sticky** with a discharge, and even **'glued' shut** when he wakes	Wait till child has used drops for a few days and there's no discharge. See doctor
Hand foot and mouth	This virus causes **blisters** on your child's **palms**, soles of his **feet** and inside his **mouth** after, prehaps, a **sore throat**, **high temperature** and **runny nose**. The blisters will be itchy and sore. The disease is **infectious** from when he first comes down with it until the blisters dry up.	Stay at home for the first few days of the illness especially when fever is present (3 days). See doctor. If there are new raised red bumps then stay home for a further 2 days. If your child is well and has no fever with n o new occurrence of spots forming they may commence nursery again.
Head lice	Little bugs that live near the **scalp**, and lay	Can attend once treated

	eggs (‘nits’) on the **hair.** They pass from hair to hair with close contact	with a head lice lotion or shampoo, or if you’re combing hair regularly with a nit comb. Can seek pharmacist advice.
Impetigo	This **contagious skin infection** is caused by **common bacteria** (staphylococcal or streptococcal) that are carried on people’s **skin**. Infection occurs when the bacteria get into the skin and multiply – often through a small scratch. Impetigo causes a blistering, red, crusting rash, which occurs in **small patches**. Red spots enlarge until they become **fluid-filled blisters**, and when they burst, **new sores develop**, making the problem worse.	• Stay away until the rash clears, which happens quicker if it’s treated. Must see doctor
Sickness and diarrhoea	Tummy bugs are fairly **common illnesses** in nursery children. Sometimes accompanied by **vomiting** – one particularly unpleasant bug is **‘winter vomiting disease’**, officially called **Norovirus**.	• Stay away for 48 hours until it clears. Seek medical advice from doctors.
Threadworms	Living in the **intestines**, they crawl to your child’s bottom to **lay eggs**, causing **itchiness** - so your child scratches, gets eggs under his **fingernails**, and they get in his **mouth**. The cycle starts again. Look out for your child **scratching** his bottom; check his poo, pants and bedding – worms look like **tiny bits of white thread**.	Can attend nursery must see doctor.
COVID-19	Covid-19 is an infectious disease caused by a newly discovered coronavirus. The virus was first identified in Wuhan City, China in January 2020.Most people infected will experience mild to moderate respiratory illness and recover without requiring special treatment. The symptoms are: • New persistent cough • Temperature above 37.8 • Loss of taste	Follow NHS procedures

Strep throat	**Strep A** **Strep A is a common type of bacteria. Most strep A infections are mild and easily treated, but some are more serious.** ## Symptoms of a strep A infection Common symptoms of strep A include: • flu-like symptoms, such as a high temperature, swollen glands or an aching body • sore throat (strep throat or tonsillitis) • a rash that feels rough, like sandpaper (scarlet fever) • scabs and sores (impetigo) • pain and swelling (cellulitis) • severe muscle aches • nausea and vomiting Strep A infections are more common in children, but adults can also sometimes get them. Most strep A infections are not serious and can be treated with antibiotics. But rarely, the infection can cause serious problems. This is called invasive group A strep (iGAS).	Tell your child's school nurse and teacher if they have strep throat. The school needs to know so they can tell other parents to watch for symptoms in their children. Your child should stay home from school or childcare until they have taken antibiotic medicine for 12 hours and have no fever.
Measles	Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it. ## Check if you or your child has measles Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small	Stay off nursery, school or work for at least 4 days from when the rash first appears. Also try to avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

	spots in their mouth. **Cold-like symptoms** The first symptoms of measles include: • a high temperature • a runny or blocked nose • sneezing • a cough • red, sore, watery eyes **Spots in the mouth**	

Review date: September 2025

Next review date: September 2026