



Sick Child Policy

Policy Created: 17/05/2025

This policy is reviewed on an annual basis.

I understand that as a parent you will have obligations that you must fulfil including attending work and/or college.

If your child becomes ill in my care I will ring you or your emergency contacts and request that the child is collected within a reasonable time period (1 hours) to be taken home.

All children that attend, must always be well enough to engage within daily activities, both indoors and outdoors. It is not good practice for children to be excluded from playing outdoors, so parents must give careful consideration about whether their child will be able to fully participate in the day. This must also be considered when a child has a mild illness or is recovering from an illness. Please consider that if I or a member of my family become ill as a result then I may have to close while I (or they) recover.

If you are in any doubt about whether or not to bring your child to my home then please call me first to discuss the situation.

Whilst it is not appropriate to care for sick children within the day, who should be at home until they are well enough to return to the setting, we recognise that there are times where it will be necessary to administer medication as part of maintaining children's health and well-being or when they are recovering from an illness (see 'Administration of Medicine Policy')

I have set out my own exclusion periods for some common illnesses below:

Common Colds and Coughs - Common coughs and colds are accepted in my setting as these are fairly harmless to children and extremely common. However, Children will only be accepted into my setting if the mucus is clear. Green/Yellow mucus is an indicator for things such as chest infections and contagious illnesses, so any children exhibiting these signs will

be sent home/should be kept home and excluded from the setting until their nose either stops running, or the mucus runs clear.

Teething – I am happy to administer over the counter medicines such as calpol, Nurofen or teething gel (to be supplied by the parent) for children who are teething for pain relief. However if they have a temp alongside (38 degrees Celsius or above) they must stay home. Latest NHS guidance states that whilst teething may slightly elevate body temperature, teething does not cause a “true temperature”, fever of 38 and above or diarrhoea.

Suspected or confirmed Coronavirus - You should keep your child at home if they have a temperature and feel unwell. Once the temperature has gone and the child is feeling well in themselves with no other symptoms, the child can return to the setting. In cases of confirmed Coronavirus it is still suggested that the child remains at home for 5 days.

High temperature - You should not bring your child to the setting if they are suffering from a fever. Please keep them at home until the temperature has gone and they feel well enough to return.

Flu - 5 days and fever free without medication

Sickness & diarrhoea - 48 hours from last occurrence

Chicken pox - Until spots have crusted over (this is usually around 5 days after spots have appeared)

Conjunctivitis - Until discharge has gone from the eyes

Ear infection - If your child has a high temperature or severe earache, keep them at home until they no longer have a temperature or the earache has gone.

Impetigo - If a child has impetigo, they'll very likely need antibiotics from your GP. Please keep them at home until all the sores have crusted over and healed, or for 48 hours after they start antibiotics.

Headlice or Nits – After lice have been treated and removed.

Threadworm – This is common in children and easily spread. You can buy medication over the counter at pharmacies, you will need to treat the whole household even if you do not see symptoms. While the medicine kills the worms it does not kill the eggs which can live for another two weeks. After treatment your child will need to be kept from my setting for a further two weeks to prevent spreading.

Hand foot and mouth – This is a highly contagious disease, please keep your child at home until symptoms have stopped.

Although this list is comprehensive it is not exhaustive and it is my duty to safeguard myself and all children in my care, therefore my decision will be final about whether or not a child can attend my setting.