



Sickness and Illness Policy

Policy Statement

At The Orchard Day Nursery, we aim to promote the health, wellbeing, and safety of all children in our care. We understand that young children are particularly vulnerable to infections. This policy outlines the procedures we follow when children are unwell, to prevent the spread of illness and ensure all children and staff remain safe.

We follow guidance from the relevant public health authorities (e.g. UK settings follow UK Health Security Agency guidance).

Procedures for Unwell Children

If a child becomes unwell while attending the setting:

- A member of staff will assess the child's condition.
- The child will be made comfortable and always supervised.
- Parents/carers will be contacted immediately to update them on what is happening.
- Parents/carers must collect their child as soon as possible if they are required to (ideally within one hour).

Children will be excluded from the setting if they:

- Have a high temperature, that cannot be managed without medication (38°C or above)
- Are vomiting or have diarrhoea
- Have a contagious illness
- Are not well enough to participate in normal activities

Children must be symptom-free (or completed the required exclusion period) before returning.

Exclusion Periods

The following are minimum recommended exclusion periods

Illness	Exclusion Period
Diarrhoea and/or vomiting:	48 hours after last episode
High temperature:	Until temperature has returned to normal (without medication)
Chickenpox:	Until all spots have crusted over (usually 5 days)

Illness	Exclusion Period
Measles:	4 days from onset of rash
Conjunctivitis:	No exclusion unless child is unwell
Hand, Foot and Mouth:	Until child feels well
Impetigo:	Until lesions healed or 48 hours after antibiotics started
Scarlet Fever:	24 hours after starting antibiotics

Parents are expected to inform the setting if their child has a contagious illness.

Medication

We will only administer medication if:

- It has been prescribed by a doctor, dentist or nurse
- It is in its original packaging with the child's name and dosage instructions.
- A medication consent form has been completed and signed by the parent/carer.

Two staff members will verify and record the administration of medication.

We do not administer the first dose of antibiotics at the setting.

Managing Infectious Diseases

In the event of a notifiable infectious disease:

- We will inform the appropriate public health authority if required.
- We will maintain confidentiality.
- Parents will be notified if their child may have been exposed.

Enhanced cleaning procedures will be implemented where necessary.

Staff Illness

Staff who are unwell, particularly with vomiting, diarrhoea, or contagious illnesses, must not attend work and must follow the same exclusion guidance.

Emergency Situations

If a child becomes seriously ill or their condition deteriorates:

- Emergency services will be called immediately.
 - Parents/carers will be contacted.
 - A staff member will accompany the child to hospital if required.
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Partnership with Parents

We ask parents/carers to:

- Keep children at home if unwell.

- Inform us of any diagnosis of infectious disease.
- Provide up-to-date emergency contact details.

We reserve the right to refuse admission to a child who appears unwell.

Monitoring & Review

This policy will be reviewed annually or in line with updated public health guidance

Review date due: July 2026