

Sickness, Illness and Infectious Diseases Policy

As a childcare provider, the health and safety of all children in our care is our top priority. We aim to promote good health and take all necessary steps to prevent the spread of illness and infection within the setting.

Caring for ill Children

We are happy to care for children with minor ailments, such as mild coughs or colds. However, we cannot care for children who are very unwell, have a high temperature, or are infectious, as this may affect the well-being of other children and staff.

If your child becomes unwell while in our care, we will contact you immediately to collect them. We will make your child as comfortable as possible until you arrive. If you are unable to collect your child within one hour, please arrange for another suitable adult—preferably someone known to me or on your emergency contact list—to collect them.

Illness and Exclusion

If I or a member of staff has a confirmed infectious disease, I will notify you as soon as possible. In such cases, I may need to close our childcare setting temporarily, and no fees will be charged for the closure period.

For children recovering from illness, I will follow guidance from the Health Protection Agency (HPA) or NHS to determine when they can return to our care. Please note, I may exclude children for illnesses not listed under HPA/NHS guidance if I believe there is a significant risk to our own health or our ability to provide care leading to unavoidable closure of our setting.

I understand the challenges and inconvenience that come with needing to take time off work when your child is unwell. However, it is important to keep unwell children at home for their comfort and recovery, and to minimize the spread of illness to others. This approach ensures the **continuity of service for all other families** who rely on our care and protects the health and well-being of everyone in the setting.

Fees During Illness

If your child is unable to attend due to illness, full fees will still be required as our setting remains open for other children.

Notifiable Diseases

If I suspect a child in our care has a notifiable disease (as defined by the Public Health (Infectious Diseases) Regulations 1988), I will follow advice from the Health Protection Agency and notify the Care Inspectorate of any necessary actions, including exclusion periods or infection control measures.

Public Health Closures

If I am required to close due to a public health directive, such as a local outbreak or pandemic, I will not charge fees for the duration of the closure. However, to minimize risks, I reserve the right to refuse care for any child showing symptoms of infectious illnesses, including COVID-19.

Failure to Adhere

Failure to adhere to this policy, including withholding information about a child's illness, fever, or the administration of medication, **may result in the termination of the childcare contract**. This is to protect the health and safety of all children in our care, as well as staff.

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By adhering to these guidelines, we can work together to minimize the spread of illness and ensure the well-being of all children in our care.

General Exclusion Policy

- **Unwell Children:** Any child who is unwell should not attend our setting, even if they do not have a confirmed infection.
- **Fever:** Children with a fever must not attend our setting. They may only return when they have been fever-free for at least **24 hours without the use of fever-reducing medications**, such as Calpol or similar.
- **Medication Notification:** Parents must inform me if their child has been given Calpol, ibuprofen, or any other medication before attending. This is essential to ensure I can monitor their condition effectively during the day.
- **Diarrhoea and Vomiting:** Children should be excluded until they have been free of symptoms for **48 hours** after the last episode of diarrhoea or vomiting.
- **Coughs and Runny Noses:** Mild coughs or runny noses alone are not reasons for exclusion. However, if symptoms are persistent or the child is noticeably unwell, they should not attend.
- **Skin Rashes:** Skin rashes must be professionally diagnosed, and exclusion will depend on the advice of a healthcare professional.
- **Immunocompromised Children:** For children with weakened immune systems (e.g., due to long-term steroid use or cancer), parents should seek specific guidance from their GP regarding exposure to infections.

Infection and Exclusion Periods

The following table provides guidelines for common illnesses and their associated exclusion periods. Please note that exclusion periods may vary based on specific advice from healthcare professionals.

Gastrointestinal Illnesses		
Illness	Exclusion Period	Comments
Diarrhoea and Vomiting	48 hours after last episode	If symptoms persist or blood is present, seek medical advice.
Norovirus	48 hours after last episode	Highly contagious; ensure thorough cleaning of surfaces.
Campylobacter, Salmonella	48 hours after last episode	Medical advice may be needed in prolonged cases.

Emma's Explorers Childminding Service

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Cryptosporidiosis	48 hours after last episode; no swimming for 2 weeks	Additional precautions to avoid spread.
Respiratory Infections		
Illness	Exclusion Period	Comments
Colds, Mild Coughs	None, unless unwell	Persistent or severe symptoms may require exclusion.
Flu (Influenza)/Covid 19	Until recovered or fever-free	Severe infections may require longer recovery periods.
Whooping Cough	5 days after starting antibiotics or 21 days without treatment	Preventable by vaccination. Persistent cough may continue.
Rashes and Skin Conditions		
Illness	Exclusion Period	Comments
Chickenpox	Once all blisters have scabbed over, minimum 5 -7 day onset of rash	Avoid contact with vulnerable individuals.
Hand, Foot & Mouth	Until fever resolves and sores heal completely	Highly contagious; monitor hygiene practices.
Impetigo	48 hours after starting antibiotics or until sores crust over completely	Medical treatment required to reduce infectious period.
Scarlet Fever/Slapped check	24 hours after starting antibiotics/ 24 hours once rash has appeared	Antibiotic treatment recommended to reduce spread.
Other Infections		
Illness	Exclusion Period	Comments
Conjunctivitis	None	Hygiene measures should be in place to reduce spread.
Threadworms	None, but treatment required	Treat all household contacts as well.
Head Lice	Until live lice are cleared	Encourage regular combing and check close contacts.

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Please KEEP your child at HOME if...

 <p>They have a Fever A temperature of over 37.5C (99.5F) is a fever Also check for: Persistent cough, Shortness of breath, Sore throat, swollen glands, earache</p>	 <p>They have a Rash Especially with a fever or itching Check for: Chickenpox, Impetigo or Hand, foot and mouth</p>	 <p>They have an Upset Stomach If your child has been vomiting or had diarrhoea within the last 48 hours they must STAY at HOME</p>	 <p>They have an Eye Infection Thick mucus or pus draining from the eye or swollen face</p>	 <p>They have Headlice or nits Please check your child's hair regularly and treat immediately</p>	 <p>They are Feeling Unwell If your child is unusually tired, pale, cranky or lost their appetite, they will be more comfortable at home.</p>
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Remember to keep your provider informed when your child is unwell, even when they are being kept at home.



If you or your child are displaying symptoms or have a confirmed diagnosis of **coronavirus, please **STAY AT HOME!****



If your child has a mild cold, infrequent cough or clear, runny nose and is active, playful and rested, They can **Stay and Play!**

Please help to keep our Setting SAFE for EVERYONE

Ensure your provider has up to date emergency contact details, allergen and medical information for your child.