

Exclusion Illnesses

Many children first enter early childhood education and care services when their immune systems are still developing. As a result, they may have yet to be exposed to the everyday germs that cause infections or may be too young to be vaccinated against some diseases.

The way that children interact means that diseases can quickly spread in a variety of ways. For example, children (particularly younger ones) will have close physical contact with other children through play; they often put objects in their mouths and may not always cover their coughs and sneezes.

At Light Up Their World, we work with many children and adults; some of our clients are immune compromised. We work hard to reduce the risk of spreading infection through stringent infection control policies. To further reduce the risk of spreading highly infectious conditions, we ask that if you, your child, or anyone in the household has the following conditions, you do not attend your therapy session.

These conditions align with NSW Health recommendations for exclusion from early childhood education centres. In essence – if they are too sick to attend daycare, preschool or school, they are too ill to attend therapy.

Please also contact us if you attended a therapy session and developed symptoms of the below illnesses within the following five days.

Infection or Condition	Exclusion time
Chickenpox	Until all blisters have dried – this is usually at least five days after the rash first appears.
COVID-19	If they are symptomatic, please exclude them until all symptoms reside. For further information, please review https://www.nsw.gov.au/covid-19/testing-managing/advice-for-confirmed .
Conjunctivitis	Please keep your child at home until the discharge from their eyes has stopped.

Infection or Condition	Exclusion time
Gastro	Please keep away until there has been no vomiting or loose bowel motions for 48 hours.
Hand, Foot and Mouth	Until all blisters have dried up.
Hepatitis A	Children should be excluded until your doctor provides a medical certificate of recovery and until at least 7 days after the onset of jaundice.
Impetigo (School Sores)	Please keep your child at home until appropriate antibiotic treatment has started. Any sores on exposed skin should be covered with a watertight dressing.
Influenza	Please exclude them until they are well again. <i>The “Flu” has become the term many people use for a common cold or upper respiratory infection. Please note that Influenza is a serious viral infection and is highly infectious.</i>
Measles	This is now rare – however, it remains common in many parts of the world. With international borders re-opening, the risk of measles cases is potentially increasing. Children should be excluded for at least four days after the rash appears. Non-immunised children who are contacts of a measles case are excluded for at least two weeks after they have been exposed to the case. The local public health unit will provide specific advice.
Mumps	Please exclude for nine days from the onset of swelling
RSV	Please exclude your child until they are well again.
Ringworm	Please keep your child home until the day after anti-fungal treatment has started
Rubella (German Measles)	Please exclude your child until fully recovered OR at least four days after the rash appears.
Scabies	Children should be excluded until the day after appropriate treatment has started.
Scarlet Fever	Children should be excluded until the day after appropriate antibiotics have been started and the child feels better.
Whooping Cough (Pertussis)	Children should be excluded for 21 days from the start of their symptoms or until they have taken an appropriate antibiotic for at least 5 days.