



Sickness and Illness Policy

Updated: May 2025

Review date: May 2026

Sickness and Illness

At **Little Heroes Nurseries** we promote the good health of all children attending. To help keep children healthy and minimise infection, we do not expect children to attend nursery if they are unwell. If a child is unwell it is in their best interest to be in a home environment with adults, they know well rather than at nursery with their peers.

Our procedures

We follow the guidance published by Public Health England (Health Protection in Schools and other childcare facilities) and advice from our local health protection unit on exclusion times for specific illnesses, e.g., sickness and diarrhoea, measles and chickenpox, to protect other children and staff in the nursery

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/managing-specific-infectious-diseases-a-to-z>

In order to take appropriate action of children who become ill and to minimise the spread of infection we implement the following procedures:

- If a child becomes ill during the nursery day, we contact their parent(s) and ask them to pick up their child as soon as possible. During this time, we care for the child in a quiet, calm area with their key person, wherever possible
- Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to nursery until they have been clear of symptoms for at least 48 hours
- We inform all parents if there is a contagious infection identified in the nursery, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment and resources that may have come into contact with a contagious child to reduce the spread of infection
- We ask parents to keep children on antibiotics at home for the first 24 hours of the course if this is the child's first instance of being prescribed this particular medication. This is so that they can be appropriately monitored for any signs of allergic reactions.
- We have the right to refuse admission to a child who is unwell. This decision will be taken by the manager on duty and is non-negotiable

Temperatures

- A normal temperature for babies and children is around 36.4.
- If a child has had Calpol, or any other medication, before coming to nursery (for a temperature or other) the member of staff you hand over to must be informed. You must sign to say what they have had and at what time. If your child develops a temperature or allergic reaction in the 4 hours following this medication, we will not administer any further Calpol or Piriton in this time period. If your child has already had medication and later displays another high temperature or allergic reaction, a parent/carer will be contacted to collect.
- A raised temperature, between 37.5 to 38.0, we will monitor every 10 minutes to see if it comes down naturally.
- A high temperature, above 38.0, we will administer a dose of Calpol relevant to the child's age, as per the medication box (where we have written permission to do so) and inform the parent/carer. We will continue to monitor every 10 minutes (up to 30 minutes) then:

- If after 45 minutes the temperature remains above 38.0 we will contact the parent again to collect the child. We will not administer any further medication. *"Paracetamol tablets and syrup take about 30 minutes to work."* (NHS England 2022)

OR

- If after 45 minutes the temperature has come down, below 38.0, we will continue to monitor the child at timely intervals throughout the day. If the child develops another temperature following this, their parent/carer will be contacted to collect.
- Where a child has a repeat temperature, they will be asked to remain at home for 24 hours to monitor for any further signs of infection/illness

Meningitis procedure

If a parent informs the nursery that their child has meningitis, the nursery manager will contact the Local Area Infection Control (IC) Nurse. The IC Nurse will give guidance and support in each individual case. If parents do not inform the nursery, we may be contacted directly by the IC Nurse and the appropriate support given. We will follow all guidance given and notify any of the appropriate authorities including Ofsted where necessary.

Additional information

- We notify Ofsted as soon as is reasonably practical, but in any event within 14 days of the incident of any food poisoning affecting two or more children cared for on the premises.
- If a parent finds that their child has head lice, we would be grateful if they could inform the nursery so that other parents can be alerted to check their child's hair.

We will follow the transporting children to hospital procedure in any cases where children may need hospital treatment.

The nursery manager/staff member must:

- Inform a member of the management team immediately
 - Call 999 for an ambulance immediately if the illness is severe. DO NOT attempt to transport the unwell child in your own vehicle
 - Follow the instructions from the 999 call handler
 - Whilst waiting for the ambulance, a member of staff must contact the parent(s)/carer and arrange to meet them at the hospital
 - Redeploy staff if necessary, to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
 - Arrange for the most appropriate member of staff to accompany the child taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
 - Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

This policy was adopted on	Signed on behalf of the nursery	Date for review
23rd May 2025	<i>Louise Banks</i>	22nd May 2026