



# **Child Sickness Policy**

**Reviewed: July 2025**

**To be reviewed: July 2026**

Here at Little Learners, we feel that children need to be fit and well in order to get the most from the setting. This policy has been prepared to ensure that the emotional and physical well-being of the children come first. We would like to reassure parents that the recommendations for time away from nursery, found in this policy, are commonplace in nursery settings as they are based on medical guidance. Whilst we appreciate that it can be a difficult time for working parents we have to take into consideration the health and well being of all of the children who attend the nursery.

Please inform us of illness. This allows us to communicate this to staff and parents, as well as Health Protection and Ofsted if it is a disease that requires notification. This is particularly important in case a child has to come into contact with a pregnant member of staff or parent.

- Children should not attend nursery if they are clearly unwell or distressed through illness. If a child attends nursery and becomes unable to cope with the nursery day parents/carers will be contacted to collect their child.
- Parents/carers need to make suitable arrangements for emergency care to be available and leave adequate contact numbers should their child become unwell and the nursery need to contact parent/carers.
- Children who have been prescribed antibiotics to treat an infection or illness should remain at home for at least 24 hours to ensure there are no adverse side effects. Prior written permission for the administration of each and every medication must be completed by the parent/carer.
- If a child is going onto a new brand type of antibiotics during the same bout of illness, they must stay off again for at least 24 hours. This is because the child may have an allergic reaction to the medication. If it is the exact same antibiotic, in the same time period, then there is no need to stay off for 24 hours as it is a continuation.
- Allergic reactions to antibiotics are something you can develop over time. For this reason, even if your child has had the antibiotics previously (for example, earlier in the year) they must again stay off for at least 24 hours.
- Nursery staff are only able to administer medication if it is in the original container, clearly labelled with the child's name and is within its expiry date. Nursery staff will

only give the dose recommended on the prescription. It is important to remember that the nursery is not legally bound to administer any medicine.

- If your child has an infectious disease or another illness, advice should be sought from either your GP or Health Visitor. Appropriate exclusions will apply. The nursery uses 'Guidance on infection control in schools and other childcare settings' and NHS Direct online advice.
- Children who have suffered a bout of vomiting and/or diarrhoea must not attend nursery for 48 hours after their last episode. If a child suffers sickness and/or diarrhoea whilst at nursery parents/carers may be contacted to collect their child. Typically we will contact you if your child has 3 episodes of diarrhoea during a nursery session or severe diarrhoea. Please note, that even if the child seems well in themselves, if they are experiencing diarrhoea or have vomited, the 48 hour rule still applies.
- In children under five, a fever is considered to be a temperature higher than **38C** (99.5F). If a child gets a high temperature (fever) during their nursery day, various measures will be used to try and reduce their temperature e.g. giving lots of fluids, removing clothing and fanning. As a last resort, parents will be contacted to collect their child. If parents request, we can give liquid paracetamol if they are at work and it will take them a little while to collect. Once liquid paracetamol has been administered, the child will be closely monitored for the next 30 minutes with their temperature taken at 10 minute intervals. The Nursery will not administer more than one emergency dose of liquid paracetamol in one daily session. **If the nursery is unable to reach parents and parents have given consent for us to give liquid paracetamol it can be administered. The nursery will continue to try to reach parents so the child can be collected.** Nurofen will not be given unless prescribed by a doctor.
- Children who have had a temperature must remain away from nursery for 24 hours from their last temperature.
- Children who have been given Calpol (liquid paracetamol) must remain away from nursery for 24 hours from the last dose of Calpol.\*
  - **If a child's temperature reaches 40C+ and cannot be quickly reduced through the administration of emergency liquid paracetamol an ambulance may be called. The**

**nursery manager will observe the child and make the final decision. A senior member of staff will travel with the child and parents will be contacted.**

### **\*Teething (in children under 2 years old)**

We recommend exploring non medicated options in the first instance to help your little one. The nursery is aware that teething can be painful. If a child is showing classic signs of teething: increased saliva, red cheeks, chewing on things, hands in mouth, pulling at ears an exception can be made to the 24 hours off nursery post Calpol administration.

**If a parent administered Liquid Paracetamol for teething the night before (early hours of the morning) Nursery, parents MUST make the nursery Room Leader, Deputy Manager or Manager aware to prevent a possible overdose.**

If your little one is needing Calpol for more than 2 days in a row for suspected teething, you will be asked to seek medical advice. There may be an underlying infection.

### **Piriton**

Parents will be contacted if a child is displaying signs of a mild allergy and whether to administer Piriton. If parents can not be reached but have signed to say emergency Piriton can be administered, then the nursery manager will take the decision as to whether the child is safe to have this medication based on the time the child has been in the nursery, the circumstances surrounding the need for this medication and the medical history of the child on their registration form.

### **In the event of a suspected outbreak of infection:**

If a contagious infection is identified in the nursery, all parents will be informed to enable them to spot the early signs of this illness in their own child. All equipment and resources that may have come into contact with a contagious child will be cleaned and sterilised thoroughly to reduce the spread of infection.

### **Classification of an outbreak**

An outbreak or incident may be defined as: an incident in which 2 or more people experiencing a similar illness are linked in time or place and a greater than expected rate of infection compared with the usual background rate for the place and time where the outbreak has occurred

For example:

- 2 or more cases of diarrhoea or vomiting which are in the same room

- higher than usual number of people diagnosed with scarlet fever • 2 or more cases of measles at the school or other childcare setting

### **When to report:**

Nursery managers will contact the Local Health Protection team as soon as an outbreak is suspected to discuss the situation and agree if any actions are needed. It is useful to have the information listed below available before this discussion as it will help to inform the size and nature of the outbreak:

- total numbers affected (staff and children)
- symptoms
- date(s) when symptoms started
- number of rooms affected

If we suspect any cases of infectious illness in the nursery but are unsure if it is an outbreak, we will contact the local HPT.

### **How to report**

The nursery manager will telephone the local HPT as soon as possible to report any serious or unusual illness particularly for:

- Escherichia coli (VTEC) (also called E.coli 0157) or E coli VTEC infection
- food poisoning
- hepatitis
- measles, mumps, rubella (rubella is also called German measles)
- meningitis
- tuberculosis
- typhoid
- whooping cough (also called pertussis)

For an updated list please refer to:

[Notifiable diseases and how to report them - GOV.UK](https://www.gov.uk/government/publications/notifiable-diseases-and-how-to-report-them)

The local HPT and PHE also provide factsheets for parents and carers to ensure the most up to date information is given.

### **Confidentiality**

Information given to settings from the team for distribution during an outbreak will never give out any personal details.

## **Appendix A:**

### **PHE centre contact details**

- London Region Health Protection Team UKHSA 5th floor 10 South Colonnade London E14 5EA

TEL: 0300 30 30 450

- North East HPT UK Health Security Agency  
Floor 1, Barras Bridge  
Newcastle upon Tyne  
NE1 8QH

Telephone: 0300 303 8596

[Contacts: UKHSA health protection teams - GOV.UK](#)