Procedures for Illness and Infectious Diseases

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Infectious Illness and Procedures

The DfE recommends that parents/carers can send their child to school if they have a mild respiratory illness. This includes general cold symptoms such as a minor cough, runny nose or sore throat. However, a child shouldn't be sent to school if they have a temperature of 38°C or above.

Most Common Illnesses Affecting Schools

Infection or Complaint	Time Scale to be absent from Nursery	Comments
Diarrhoea and/or vomiting	48 hours from last episode of diarrhoea or vomiting	
Chickenpox	Until all vesicles have crusted over	
Shingles	Exclude only if rash is weeping and cannot be covered	Can cause chickenpox in those who are not immune
German measles (Rubella)	Four days from onset of rash	Preventable by vaccination
Impetigo	Until lesions are crusted and healed, or 48 hours after starting antibiotic treatment	Antibiotic treatment speeds healing and reduces the infectious period
Measles	Four days from onset of rash	Preventable by vaccination
Scarlet fever	Child can return 24 hours after starting appropriate antibiotic's	Antibiotic treatment is recommended for the affected child

Ringworm	Exclusion not normally required	Treatment is required
Flu (influenza)	Until recovered	
Whooping cough (pertussis)	Five days from starting antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment	Preventable by vaccination
Mumps	Exclude child for five days after onset of swelling	Preventable by vaccination
Meningococcal meningitis septicaemia	Until recovered	Meningitis C is preventable by vaccination
Hepatitis A	Exclude until seven days after onset of jaundice (or seven days after symptom onset if no jaundice)	
Tonsillitis	None	If prescribed antibiotics, then the first 24 hours of doses must be given at home before returning to nursery
Threadworms	None	Treatment is recommended for the child and household contacts
Head Lice	None	Treatment is recommended only in cases where live lice have been seen
Hand, foot and mouth	None	If child is unwell you may wish to keep them off nursery until feeling better

Molluscum Contagiosum	None	
Slapped cheek/fifth disease. Parvovirus B19	None	It can take 1-3 weeks to clear up.
Warts and verrucae	None	
Conjunctivitis	None	Seek medical advice for treatment.
Corona Virus (Covid-19)	Stay at home and avoid contact with others for 3 days	Seek medical advice if needed.

Further information about the steps that can be taken to limit the spread of certain infections, including when to contact your local UK Health Security Agency (UKHSA) health protection team (HPT) for support can be found at: Find your local health protection team in England - GOV.UK (www.gov.uk)

Nest Nursery Illness Procedures

At Nest Nursery we follow guidelines on infection control from Public Health England and the NHS.

Please be aware of the more common infections and complaints, listed below, for when it is not appropriate to send your child to nursery. If in any doubt, please ring us and ask for advice or contact your GP. Please inform the nursery of any infection or complaint so we can record this and notify others where appropriate.

As a general rule, a temperature of over 37.5C (99.5F) is classified as a fever.

The nursery will seek permission to give Calpol if a child's temperature reaches 38.5. At this stage the child will be required to be collected from nursery. Most fevers are caused by a virus, infection or other illness.

If your child requires prescribed antibiotics, they cannot attend nursery for the first 24 hours of medication being administered. After this, staff can administer the medicine during nursery hours.

You will need to complete a form stating the name of the medication, the dosage and when it is required. The nursery will only give one dose of medicine if it is prescribed for three times a day but can give two doses of medicine if it is prescribed for four times a day.

All prescribed medications must be in the original containers with a prescription label attached. Staff are not allowed to administer medicines which have not been prescribed or are not in the labelled, original container.

Treating a fever

If your child has a fever, it is important to keep them hydrated by giving them plenty of cool water to drink. Even if your child is not thirsty, try to get them to drink little and often to keep their fluid levels up.

If the environment is warm, you could help to your child to stay at a comfortable temperature by covering them with a lightweight sheet or opening a window. However, they should still be appropriately dressed for their surroundings and sponging your child with cool water is not recommended to reduce a fever.

Contact your GP or health visitor urgently if your child:

- is under three months old and has a temperature of 38C (101F) or above
- is between three and six months old and has a temperature of 39C (102F) or above

You should also see your GP if your child has other signs of being unwell, such as persistent vomiting, refusal to feed, floppiness or drowsiness.

If it is not possible to contact your GP, call your local out-of-hours service or NHS 111.

If your child seems to be otherwise well – for example, if they are playing and attentive – it is less likely that they are seriously ill.

Good hygiene practice

Handwashing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting, and respiratory disease. The recommended method is the use of liquid soap, warm water and paper towels. Always wash hands after using the toilet, before eating or handling food, and after handling animals. Cover all cuts and abrasions with waterproof dressings.

Coughing and sneezing easily spread infections. Children and adults should be encouraged to cover their mouth and nose with a tissue. Wash hands after using or disposing of tissues. Spitting should be discouraged.

Immunisations

Parents should be encouraged to have their child immunised and any immunisation missed, or further catch-up doses organised through your child's GP.

For the most up-to-date immunisation advice see the NHS Choices website at www.nhs.uk

Further information

This factsheet is based on the following guidance from the government and NHS:

- Infectious diseases: education and childcare settings
- Is my child too ill for school?
- Letter to school leaders on mild illness and school attendance

Parental Information

Is my child too ill for Nursery?

Yes, they should be absent from school until…

- **Chickenpox:** at least 5 days from the onset of the rash and until all blisters have crusted over
- **Diarrhoea and vomiting:** 48 hours after their last episode
- **Cold and flu-like illness (including COVID-19):** they no longer have a high temperature and feel well enough to attend. Follow national guidance if they've tested positive for COVID-19
- **Impetigo:** their sores have crusted and healed, or 48 hours after they started antibiotics
- **Measles:** 4 days after the rash first appeared
- **Mumps:** 5 days after the swelling started
- **Scabies:** they've had their first treatment
- **Scarlet fever:** 24 hours after they began taking antibiotics
- **Whooping cough:** 48 hours after they started taking antibiotics

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- **No, but please let the school know about…**
- **Hand, foot and mouth**
- **Head lice**
- **Threadworms**
- **Glandular fever**
- **Tonsillitis**
- **Slapped cheek**

General advice

To protect your child and our staff from infectious illnesses, the school follows government and NHS guidance on when pupils should be kept off school and when they shouldn't.

It’s usually fine to send your child to school if they have a mild respiratory illness. This includes general cold symptoms **–** a minor cough, runny nose or sore throat. However, a child should not be sent to school if they have a temperature of **38°C or above**.

If you do keep your child at home, it's important to contact the school on the first day they are absent to let us know that your child won't be in and why.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.