



Child Illness Policy

At Little Wildflowers, the health and wellbeing of all children in my care is my highest priority. This policy outlines the procedures I follow when a child is unwell, and the steps taken to prevent the spread of infectious diseases. It is designed to protect your child, other children, their families, and myself.

I follow guidance from the **UK Health Security Agency (UKHSA)** and my local authority health protection team in all matters relating to childhood illness and infection control.

When to Keep Your Child at Home

If your child is unwell, please keep them at home. This aids their recovery and prevents illness spreading to others.

Please do not bring your child to the setting if they have:

- A high temperature (fever) of 38°C or above.
- Been vomiting or had diarrhoea in the last 48 hours.
- An infectious illness or condition (see the Infectious Diseases: Exclusion Periods table below for specific exclusion periods).
- Been prescribed antibiotics for an infectious illness. They must have completed at least 24 hours of treatment before returning.
- General unwellness, lethargy, or an inability to participate in normal daily activities.

If Your Child Becomes Unwell While at the Setting

- I will comfort your child and make them as comfortable as possible.
- I will contact you (or your emergency contacts) immediately and ask you to collect your child as soon as possible.
- While waiting for collection, your child will be kept comfortable and calm, away from other children where possible, and supervised at all times. If your child has a high temperature, I will remove excess clothing and offer regular sips of water to help manage their comfort while awaiting collection.
- If your child has an accident or develops a more serious condition, I will seek emergency medical assistance without delay and then contact you. Where a child is unwell but well enough to remain at the setting, additional rest and comfort measures may be provided, including limited television time in line with my Television Policy.

Infectious Diseases: Exclusion Periods

The exclusion periods below are based on UKHSA guidance and are designed to reduce the risk of spreading infection to others.

Illness / Condition	Exclusion Period	Return to Setting Criteria
Chickenpox	Until all spots have crusted over and are dry (typically 5-6 days from onset of rash)	All spots have crusted over and are dry.
Conjunctivitis	While symptoms present	No formal exclusion required by UKHSA, but for the child's comfort and to reduce spread, I ask that children remain home until discharge from the eyes has stopped or they have received 24 hours of antibiotic treatment (if prescribed).
Diarrhoea & Vomiting (e.g., Norovirus)	48 hours from the last episode	Free of symptoms for 48 hours.
Hand, Foot & Mouth	While unwell	No formal exclusion required, but children who feel unwell or have mouth ulcers affecting eating should stay home until they feel better.
Impetigo	Until lesions crusted and healed	Antibiotic treatment started and sores are crusting and drying. Any weeping or moist sores must be covered with a clean, non-porous dressing.
Measles	4 days from onset of rash	May return 4 days after the rash appeared, when feeling well.
Mumps	5 days from onset of swelling	May return 5 days after the swelling appeared, when feeling well.
Scabies	Until treatment complete	Can return after the first full course of treatment has been completed (typically one overnight application). A second treatment is usually required after 7 days; please inform me so I can monitor.
Scarlet Fever	24 hours after starting antibiotics	Completed 24 hours of antibiotic treatment and feeling well.
Slapped Cheek (Parvovirus)	None (once rash appears, child is no longer infectious)	Can attend if feeling well. Pregnant contacts and anyone who is immunocompromised should be aware and seek advice from their GP or midwife.

Illness / Condition	Exclusion Period	Return to Setting Criteria
Threadworms	None	Treatment recommended; good hand hygiene essential.
Whooping Cough (Pertussis)	48 hours after starting antibiotics	Completed 48 hours of antibiotics and feeling well.
Head Lice	None	Treatment recommended; child can attend but please inform me so I can be vigilant.
Tonsillitis	Until fever resolved	Feeling well enough to participate. If prescribed antibiotics, 24 hours of treatment completed.
Covid-19 / Flu / Respiratory Illness	While symptomatic	Children should not attend if they have a fever or are too unwell to join in activities.

Parental Responsibilities

To help me keep all children safe and healthy, I ask that you:

- Notify me as soon as possible if your child is unwell and unable to attend, ideally before your child's session is due to start. (Please note that a response may not be received until the setting is open.)
- Tell me the nature of their illness (symptoms, temperature, etc.) so I can monitor other children.
- Inform me if your child has been in contact with any known infectious disease outside of the setting.
- Keep your child at home for the full recommended exclusion period, as returning too early risks infecting others.
- Provide any up-to-date emergency contact details and inform me of any changes.

My Responsibilities

I will:

- Maintain a clean and hygienic environment, with rigorous handwashing, nappy changing, and food preparation procedures, as outlined in my Toileting and Hygiene Policy.
- Inform all parents if a child in the setting has been diagnosed with a notifiable disease (e.g., measles, meningitis) or if there has been an outbreak (e.g., several cases of sickness/diarrhoea), respecting the confidentiality of the affected child. A full list of notifiable diseases is available on the UKHSA website.
- Follow any advice given by the UKHSA or my local authority health protection team. For procedures relating to food-related illness, allergic reactions, and choking, please also refer to my Safe and Healthy Eating Policy.

Publication & Version History

Version	Date	Description of Change
1.0	23 Feb 2026	Initial publication
1.1	04 June 2026	Minor amendments: exclusion table entries updated (Impetigo, Scabies, Slapped Cheek, Covid-19/Flu); parental notification guidance clarified; fever comfort measures added; UKHSA notifiable diseases signpost added; formatting normalised throughout. Grammar correction: exclusion list bullet reworded for consistency with list stem.
2.0	05 June 2026	Annual review and sign-off.

Next Scheduled Review: 05 June 2027

This policy is subject to ongoing revision. Minor amendments may be made between annual reviews and will be recorded in the table above.