Illness Policy

I must consider the Health and Safety of all children and families and therefore insist that parents do not bring their child when they are unwell or infectious.

**Please keep your child at home if:**

* He/she has a fever (a temperature of over 37.5C) or has had one within the last 48 hour period
* He/she has a persistent cough, shortness of breath, sore throat, swollen glands or earache
* He/she has an upset stomach, has had diarrhoea and/or been vomiting within the last 48 hours
* He/she has symptoms of a possible communicable disease (these are usually sniffles, reddened eyes, sore throat, headache, abdominal pain or vomiting, or fever)
* He/she has a rash, especially with a fever or itching
* He/she has mumps, measles, chicken pox, pink eye, impetigo, hand foot and mouth, conjunctivitis or any highly contagious condition
* He/she is feeling generally unwell
* He/she has any of the illnesses on page 3 of this policy. Please adhere to the exclusion period. For example, if your child has had chickenpox please keep them off for at least 5 days from the first spot appearing even if the spots have crusted over before day 5. A child can still be infectious and might develop a second crop of spots before the end of day 5.

If your child is unusually tired, pale, cranky or lost their appetite, and unable to participate in the normal routine, they will be more comfortable in their own home with you.

If your child becomes ill whilst in my care, I will make him/her as comfortable as possible and try to isolate him/her from the other children if I feel this is necessary. I will contact you and continue to care and reassure your child until you arrive.

I am obliged to notify other parents in the event of a child in my care developing an infectious disease. If the disease is serious I must also inform the Care Inspectorate Wales. However, confidentially will remain at all times.

Please Note: With all illnesses I follow the same exclusion periods for myself and my family. This means that should I become ill with any illness on the following list, I will have to close the setting until I am well. Should any of my family become ill, I will make the decision on whether to close or not, taking into consideration the current guidance for that illness, along with the ability of the family member to isolate away from the childminding children. This then allows you to make an informed decision as to whether you wish to bring your child or not.

Coronavirus (COVID-19)

We have now reached a point where Covid-19 is being treated just like any other infectious illness. As with other illnesses I ask that should your child have Covid-19 you notify me and keep your child at home for 5 days. I will be following the same rules for myself and if a member of my family has it they will isolate themselves from the children. I no longer need to inform CIW of an isolated case of Covid-19, but should more than one case happen in my setting I will need to let them now.

Further General Information

On the following page is a list of common childhood illnesses, their infectious period and the exclusion period from my care. Please note that if the child is physically unwell they should not be brought into my care.

Infection control is a vital issue in childcare settings. Children can potentially spend a large amount of time in childcare settings where there are frequent opportunities for the spread of infection. I follow the hygiene and cleaning routines outlined in “Infection, Prevention and Control for Childcare Settings (0-5 years)” (produced by Public Health Wales) to help to prevent infection and to keep your children safe and healthy.

This policy was designed by Little Rosebuds with regard to the following legislation.

**The National Minimum Standards for regulated Childcare for children up to the age of 12 years**

* Standard 2: The contract – 2.2 the contract must include information about sickness
* Standard 10: Healthcare.

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| Date this document was last updated – | 25/04/25 – added in times to keep a child at home |
| Dates reviewed – | ~~25/04/25~~ 15/06/25 |
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| Disease or condition | Exclusion of case |
| Chickenpox | Exclude for **at least 5 days** after eruption first appears or until the last spot has crusted over (if later than the 5 days). Note that some remaining scabs are not a reason for continued exclusion. |
| Conjunctivitis | Exclude until discharge from eyes ceases |
| Covid-19 | Exclude for 5 days from the onset of symptoms. |
| Croup | Exclude until child is well (3-4 days usually) |
| Diarrhoea | Exclude until 48 hours after diarrhoea ceases |
| Hand, foot and mouth | Exclude until well |
| Influenza and influenza like illnesses | Exclude until well |
| Measles | Exclude for at least five days after the onset of the rash |
| Meningitis (bacterial) | Exclude until well |
| Meningococcal infection | Exclude until adequate carrier eradication therapy has been completed |
| Mumps | Exclude for nine days or until swelling goes down (whichever is sooner) |
| Rubella (German measles) | Exclude until fully recovered or for at least four days after the onset of the rash |
| School sores (impetigo) | Exclude until 48 hours after appropriate treatment has commenced. Any sores on exposed surfaces should be covered with a watertight dressing |
| Shingles | Exclude until blisters have dried up unless the rash can be covered by a dressing to avoid contact with others |
| Streptococcal sore throat (including Scarlet fever) | Exclude until the person has received antibiotic treatment for at least 24 hours and the person feels well |
| Tuberculosis (TB) | Exclude until medical certificate is produced from appropriate health authority |
| Vomiting | Exclude until 48 hours after vomiting ceases |
| Whooping cough (pertussis) | Exclude for five days after starting antibiotic treatment |