



SICKNESS POLICY

Statement:

We at Pippins Preschool realise that all children have minor illnesses that do not prevent them from attending preschool however in the following circumstances children will be excluded from Pippins Preschool:

- Diarrhoea/Vomiting
- Infectious diseases

Aim:

- To reduce the spread of infection and to keep children and staff healthy and safe.

Procedure

- Please read in conjunction with our Administrating Medicines Policy;
- If a child arrives at preschool ill the manager will make the decision as to whether the child is fit to attend or not, if not the parent/carer will be asked to take the child home;
- If a child becomes ill during the day we will contact the parent/carer and they may be required to collect the child;
- We ask that parents/carers must inform us immediately of an infectious disease that their child has so we can alert other parents;
- By maintaining a clean environment and encouraging good hygiene we can reduce the spread of infection;
- Parents are still required to pay their fees if their child is off from preschool sick. However in the event of long term illness please speak to the manager and we will discuss alternative arrangements;
- Notifiable diseases are reported to the correct establishment (a list of notifiable diseases can be found at the bottom of this document.

CHILDHOOD DISEASES AND DISORDERS**All information below has come from the Nation Health Service (NHS) website**

| Disorder | Signs and Symptoms | Incubation | Isolation from School |
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| Bronchiolitis | Cold like to start, then irritating cough, slight high temperature, rapid wheezy breathing and difficulty eating | 5-8 days <i>Very infectious</i> | Until recovered |
| Chickenpox and Shingles | Usually starts with a slight fever, feeling unwell and an itchy rash of flat red spots which weep and are raised, more on body than face or limbs. They scab over after 3-4 days | 13 to 17 days. <i>Shingles are not infectious apart from contact with the spots</i> | Until 5 days after spots appear or when they scab over and the child feels better. Avoid contact with new-born babies, immunosuppressed persons and pregnant woman who have not had it |
| Cold and Flu-like illness including COVID - 19 | High temperature, sore throat, cough, blocked or runny nose, headaches, muscle aches, sneezing, pressure in your ears and face, loss of taste and smell | | They no longer have a high temperature and feel well enough to attend. Follow the national guidance if they have tested positive for COVID-19 |
| Conjunctivitis | Eyes are pink with discharge, watery or thick. Eyes feel gritty or sticky particularly in the morning. Spreads from one eye to both | 12 hours – 3 days | Safe to come to school unless child feels unwell |
| Diarrhoea and Vomiting | Varies but may be abdominal pain, nausea and fever in addition to diarrhoea and vomiting | Few hours to a few days depending on cause | 48 hours after last symptoms |
| Glandular Fever | Fatigue, sore throat, fever, faint rash ad neck gland enlargement. Possible tonsillitis or mild jaundice. Some have no signs or symptoms | 4-6 weeks | Until feeling well |
| Hand, Foot and Mouth | Sore throat, fever and blisters on inside of the mouth and throat. These may also appear on palms, fingers and toes | 3-5 days. <i>Faeces of infected person are infectious as well as discharge from nose and throat</i> | Until they are feeling well |
| Impetigo | Redness, particularly around the nose and mouth developing into crusty sores | 4-10 days. <i>Infectious when discharge persists</i> | Once spots are healing and the child feels better |
| Measles | Various. Fever, conjunctivitis, cough, spots on cheeks or inside of the mouth. 3-7 days later red, blotchy rash spreading form the face and lasting for 4-7 days. Feeling very unwell | 7-14 days. <i>Infectious up to 4 days after rash appears</i> | At least 4 days after the rash appears and they feel well. Avoid contact with new born babies and immunosuppressed persons |

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| Meningitis | Severe head ache, fever, stiff neck, lowered state of consciousness, vomiting and aversion to light. Later a bluish or red blotchy rash which does go under pressure. <i>MA maybe very sudden onset and often misdiagnosed</i> | 2-10 days | When fully recovered |
| Mumps | Fever. Swelling, tenderness to neck glands | 12-25 days | 5 days after symptoms first develop |
| Ringworm | Flat, spreading ring-shaped patches. Edges are usually reddish and crusted | 4-10 days. <i>Can be caught from infected farm animals</i> | Once treatment has started |
| Rubella (German Measles) | Possible none in a child, fever, rash, headache and possibly joint pains and conjunctivitis | 16-18 days <i>Infectious up to 4 days after rash appears</i> | 5 days after the rash appears |
| Scarlett Fever also called Scarletina | Symptoms of scarlet fever develop within a week of being infected. Early signs include a sore throat, a headache, a high temperature (38.3C/101F or above), swollen glands in the neck and being sick. This may be followed by a rash on the body, a red face and a white or red tongue. | Up to 7 days before symptoms start | 24 hours after starting antibiotics |
| Slapped Cheek Disease | A high temperature, fever and nasal discharge, a bright red rash like the mark left by a slap appears on the cheeks, over the next 2 to 4 days a lacy rash spreads to the torso and limbs, | A few days before the rash appears. Children are longer contagious when the rash appears | After the rash has appeared |
| Whooping Cough | Cold like symptoms, followed about a week later by coughing bouts that last for a few minutes and are worse at night, may become red faced, may bring up thick mucus which can make you sick. | 6 days after the cold like symptoms to 3 weeks after the coughing starts | 5 days from the start of antibiotic treatment |

List of notifiable diseases:

Diseases notifiable to local authority proper officers under the Health Protection (Notification) Regulations 2010:

- Acute encephalitis
- Acute infectious hepatitis
- Acute meningitis
- Acute poliomyelitis
- Anthrax
- Botulism
- Brucellosis
- Cholera
- COVID-19
- Diphtheria
- Enteric fever (typhoid or paratyphoid fever)
- Food poisoning
- Haemolytic uraemic syndrome (HUS)
- Infectious bloody diarrhoea
- Invasive group A streptococcal disease
- Legionnaires' disease
- Leprosy
- Malaria
- Measles
- Meningococcal septicaemia
- Monkeypox
- Mumps

- Plague
- Rabies
- Rubella
- Severe Acute Respiratory Syndrome (SARS)
- Scarlet fever
- Smallpox
- Tetanus
- Tuberculosis
- Typhus
- Viral haemorrhagic fever (VHF)
- Whooping cough
- Yellow fever