

04. Health Procedures

04.3 Poorly children

Our Approach

We know how worrying it can be when children are unwell. To keep everyone safe, we follow clear procedures based on government and Public Health guidance. Our aim is always to prevent the spread of illness while caring for children with sensitivity and respect.

We Cannot Care For Poorly Children

If a child becomes unwell or shows signs or symptoms of illness while in our care, we will call parents immediately to collect them.

We are not healthcare professionals, but we use our best judgement to protect all children.

Management may make decisions **case-by-case** — sometimes extending or reducing exclusion periods depending on symptoms and risk factors.

When We Will Call For A Child To Be Collected

We will contact parents/carers right away if your child has:

- A **raised temperature/fever**
- **Vomiting**
- **Loose stools/diarrhoea - We use the bristol stool chart to determine - this will be logged on your child's account what number we deem the stool. We will always send home for type 6/7 - management can make this decision.**
- **Any new rashes**
- **Heavy green mucus**, persistent cough, or signs of infection
- **Green gunk coming from the eyes which returns when wiped**
- **Head, stomach, or unexplained pains**
- Any symptoms that make them unable to take part in nursery activities

A **“Sent Home” form** will be added to your child's Family Notes describing what happened. This form can be accessed by staff on Google Drive.

For all the above we ask that children remain off for 48hrs. We send home when we see a symptom, we are not qualified to say it is definitely an illness but the 48hr rule is there as a precaution to protect all our families, children and staff.

If a child is sent home unwell during a morning session, the 48-hour exclusion period will commence from that day rather than the specific time of their collection. For instance, if a child is sent home unwell on Monday at 11 am and no further symptoms develop, they may be permitted to return to nursery for a full session on Wednesday. Management will make this decision based on the child's symptoms and overall wellbeing.

Fever & Temperature Checks

- Temperature is taken using a **contactless forehead thermometer** and taken in the middle of the forehead.
- We always take **two readings**.
- Top layers may be removed for comfort, but children are **never sponged down**.
- A fever is treated seriously — it is a natural sign of infection.
- When a temperature is checked this is logged on Family

Children must be 48hrs clear of a temperature before returning to nursery.

Emergency Paracetamol for Babies

If a baby's fever stays high and becomes worrying:

- Staff will try to contact parents/carers for **20 minutes**
- With your verbal consent (and/or your pre-signed registration consent), **Infant Paracetamol may be given**
- This is **ONLY** to reduce the risk of **febrile convulsions**
- You will be asked to collect your child immediately
- This emergency measure is **only for children under 2 years**

For children **over 2**, we will not administer fever medicine. Parents must collect promptly.

Mandatory Exclusion Periods

To prevent illness spreading, we ask that you keep your child at home for:

48 hours after the last episode of:

- Vomiting
- Diarrhoea/loose stools
- A raised temperature
- Heavy green mucus or a significant cough

Rash-Based Illnesses (e.g. Chickenpox, Scarlet Fever, Slapped Cheek, Hand Foot & Mouth)

Children must stay home **until spots/rash/blisters have dried/scabbed AND all other symptoms have resolved.**

Children must be off 48hours from their LAST symptom and not from the start of the first symptom.

Antibiotics

If your child starts antibiotics, they must stay home for **48 hours** as per our medication policy.

Diarrhoea – Using the Bristol Stool Chart

We use the Bristol Stool Chart to help determine next steps.

Type 7 stool

- Child must go home immediately
- 48-hour exclusion applies

Type 6 stool

Management will assess based on:

- When the child last ate
- How many loose stools occurred
- Their overall wellbeing

A decision will be made with caution.

If a Child Becomes Very Unwell

- An ambulance will be called immediately
- Parents are informed straight away
- A staff member will accompany the child if parents have not yet arrived

Infection Control & Notifiable Diseases

We follow statutory guidance for infectious diseases.

We will:

- Notify the UK Health Security Agency (UKHSA) and Ofsted if needed
- Keep a record of outbreaks and update parents on this
- Suspend certain activities (e.g. sand, water, self-serve snacks) during outbreaks
- Provide updated guidance to families

If a serious infectious illness is suspected, we call **111** and inform parents.

On arrival, it is vital that parents/carers inform a member of staff if they notice their child may be showing signs of being unwell. It is the responsibility of the parents / carers to ensure their child does not attend the service if they are not fit to; this is a precautionary measure to prevent other children or staff from becoming ill. If a child is brought into the service with a non-prescription medication to treat a temporary illness or appears to show signs of being unwell, the setting manager will use their discretion to decide whether a child is fit to remain in the service.

Hygiene & Bodily Fluids

We take extra care to prevent infection transmission. Staff use:

- **Single-use gloves and aprons**
- **Protective gloves** for cleaning soiled items
- **Disinfectants** for spills of blood, urine, faeces, or vomit
- Regular cleaning of toys (mouthing toys cleaned immediately)

Soiled clothing is:

- Rinsed - where appropriate
- Bagged
- Returned to parents

Handwashing Expectations

Reducing illness begins with excellent hand hygiene.

Children and adults must wash hands:

- After outdoor play
- Before meals/snacks

- Before preparing food
- After toilet use
- After nappy/clothing changes
- After blowing noses
- After removing PPE
- Before/after administering medicine

We promote **“Catch it, Bin it, Kill it”** throughout the day.

Nits & Head Lice

Head lice are **not** an automatic reason to exclude a child.
However:

- If your child is very uncomfortable, we may ask you to collect them
- Parents will be informed if cases are identified
- Families should treat all affected household members

If a Child Arrives Unwell

Parents must tell staff if their child:

- Has been unwell at home
- Has had medication to mask symptoms
- Seems “not quite themselves”

If a child is brought in with clear signs of illness, the manager/senior member of staff may decide the child is **not fit to stay**, to protect others.

Medication & Temporary Illness

We cannot store non-prescription medicines “just in case”.
For short-term illness, please follow our medication policy.

Paracetamol/ibuprofen-based products (e.g. Calpol/Nurofen) must **never** be used simply to allow a child to attend.

Further Guidance

- Medication Administration Record (Alliance Publication)
- Public Health Agency: Guidance on infection control in schools



- NHS: High temperature in children