



Poppins Day Nursery

Nursery illness Policy, Procedures and Exclusions

Our Policy

It is our policy at Poppins Day Nursery to encourage and promote good health and hygiene for all the children in our care. This specifically includes monitoring the children for signs and symptoms of communicable diseases.

If the doctor prescribes antibiotics the exclusion period will be **24 hours after** the medication has started.

Our Procedures and Exclusions

Disease/Illness	Early Systems	Incubation	Infectious Period	Exclusion Period
Fever/high temperature	A baby/child may have a fever if they: Feel hotter than usual to the touch - on their forehead, back or stomach, feel sweaty or clammy, have flushed cheeks.	When a child's temperature has returned to normal. A normal temperature in children is about 36.4C (97.5F) but this does differ slightly from child to child. A fever is usually considered to be a temperature of over 38.0C (99.5F).	NHS guidelines state that in children under 5 a fever is considered to be a temperature of 38.0c or over.	If a child has a temperature of 38.0c or over parents will be contacted. If requested paracetamol-based suspension will be administered and the child monitored for 1 hour. If a fever remains the parent will be contacted to collect the child. Exclusion until a normal temperature has returned.
Diarrhoea, Vomiting and Gastroenteritis	Diarrhoea – more than two or more liquid or semi-liquid stools in a 24 hour period	At least 48 hours	Infectious while there is diarrhoea or vomiting and for up to 48 hours after the stools return to normal.	Free from symptoms for 48 hours.



German Measles (Rubella)	May be a mild fever, sore throat, or conjunctivitis for 2 -3 days before a rash may appear.	12 – 13 days	Approx. 7 days before, until at least 7 days after appearance of rash.	Exclusion from nursery for four days from the appearance of the rash.
Measles	Cold, cough, fever, sensitivity to light, chill, sore eyes, white spots in mouth 1 – 2 days, rash on face, neck, chest 3 – 4 days.	10 – 15 days	Measles is highly infectious. From pre-rash symptoms until at least 7 days after rash. The virus spreads by the respiratory route.	A child can return to nursery four days after the onset of the rash when well enough.
Chickenpox	May have a fever, runny nose, cough and general rash, spots appear on 2 nd day usually starting on the trunk.	14 – 21 days	Very infectious from 1 – 2 days before and until all vesicles have crusted over.	Until all vesicles have crusted over. This is usually around 5 days
Whooping Cough (pertussis)	Fever for 1 week before onset of cough, later with whoop.	7 – 10 days	Greatest in catarrhal stage, decreasing until 21 days after onset of cough.	21 days from onset of cough. Or 7 days after start of treatment.
Conjunctivitis	There is watering, or thin, sticky discharge, irritation and redness of the whites of one or both eyes.	1 – 3 days	Contagious: spread by rubbing eyes, contact with infected persons used tissues and flannels etc.	Until discharge and inflammation has cleared or following treatment for at least 24 hours.
Head Lice	Itching of head.		Head lice can be passed on until treated.	Until treatment started.
Impetigo	Blisters, small red skin patches which steadily spread. The red skin becomes weepy and eventually covers with a yellow crust.	4 – 10 days	Very contagious and is spread by direct contact with discharges from sores on the infected person. Spread mainly by hands but indirect spread by toys, clothing and equipment.	Until sores have crusted and healed or 48 hours after commencement of antibiotics.



Ring Worm	Round red areas with raised border (body)	10 – 14 days	Contagious, spread by scratching and material under fingernails whilst skin infection present.	Until treatment started for at least 24 hours
Thread Worm	Irritation around rectum at night which may wake child.	10-11 days	Contagious, spread by scratching bottom which then transfers eggs to mouth and objects touched.	No exclusion but treatment must be administered within 24hours of diagnosis
Scabies	Intense itching, pin point spots, possible eczema like crusts.	2 – 6 weeks before itching starts	Infectious whilst mites are active. Mites spread rapidly by contact from skin.	Until one treatment has been completed.
Herpes Simplex Cold Sores	Characteristic blisters around the mouth and nose which burst, leaving small red sores which are painful; there may be a tingling sensation prior to appearance of a blister.	2 – 12 days	Contagious, spread by infected persons skin contact with serum from leaking blisters.	Until the lesions have dried out or until the appropriate treatment has been started.
Meningitis (Viral Meningococcal)	Stiffness of neck, headache, sensitivity to light, vomiting, drowsiness, purple rash, fever.	Until clinically well.	Viral – dependent upon the organism. Meningococcal – treatment of cases and contacts eradicated the organism.	Until treatment has been completed and child clinically well.
Slapped Cheek	The most common symptom is the appearance of a distinctive bright red rash on the cheeks.	Until well	Contagious. Once the rash appears on the cheek the infection is no longer contagious.	Until the child is well enough to attend a nursery day.



<p>Hand, foot and mouth</p>	<p>Cold-like symptoms, such as loss of appetite, cough and a high temperature of around 38-39°C</p> <p>A non-itchy red rash, made up of spots or small fluid-filled sacs (vesicles), which usually develops on the hands and feet, but may also occur on the knees, elbows, groin and buttocks; sometimes the rash can develop into painful blisters and mouth ulcers.</p>	<p>7 days</p>	<p>Contagious.</p> <p>Contaminated droplets are transferred from an infected person.</p> <p>Faecal matter (stool) is transferred from an infected person.</p> <p>You come into contact with the fluids of an infected person's blisters or saliva.</p>	<p>Until the child feels well and the blisters have started to heal</p>
<p>Coronavirus (COVID-19)</p>	<p>A new high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)</p> <p>a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)</p> <p>a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal</p>	<p>2 days before symptoms display and up to 10 days after.</p>	<p>Highly Contagious.</p> <p>Contaminated droplets are transferred from an infected person i.e coughing</p>	<p>If you have COVID-19 you should stay at home and avoid contact with other people.</p> <p>You should also follow this advice if you have a positive LFD test result, even if you do not have any symptoms.</p>

