Sickness and Illness Policy

Cedar Park Day Nursery

At Cedar Park Day Nursery, we promote the good health and wellbeing of all children attending the setting. To help keep children healthy and minimise the spread of infection, we ask that children who are unwell do not attend nursery.

If a child is unwell it is usually in their best interest to be cared for in a home environment with adults they know well rather than in a busy nursery environment.

The nursery follows guidance from the UK Health Protection Agency and the requirements of the Statutory Framework for the Early Years Foundation Stage to help minimise the spread of infection and ensure children receive appropriate care.

Our Procedures

In order to take appropriate action when children become ill and to minimise the spread of infection, the nursery follows the procedures below:

• If a child becomes unwell during the nursery day, parents will be contacted and asked to collect their child as soon as possible. Whilst waiting to be collected, the child will be cared for in a quiet, calm area with their key person wherever possible.

• If a child develops a temperature whilst at nursery and the temperature reaches 39°C or above, staff may administer an emergency dose (with the parents permission) of Calpol in line with the nursery medication policy. Parents will still be required to collect their child. If a child is sent home with a temperature, we ask that they remain at home and return only when they have been fever free for 24 hours without medication.

• If a child is prescribed antibiotics, they must remain at home for the first 24 hours of the course. If they are well enough after this time they may return to nursery. If a child is prescribed a form of antibiotics/penicillin for the first ever time, children must remain at home for the first 48 hours.

• If parents would like the nursery to administer medication, they must complete a medication form either at reception or via the nursery's online system.

• If a contagious illness is identified within the nursery, parents will be informed so they can monitor their children for symptoms. The nursery will increase cleaning and hygiene procedures where necessary, including disinfecting toys, equipment and frequently touched surfaces.

• The nursery reserves the right to refuse admission or request collection of a child who is unwell, unable to comfortably participate in nursery activities, or whose condition may present a risk to other children or staff.

• Information about head lice is available within the nursery. Parents are asked to regularly check their child's hair and inform the nursery if head lice are identified so that other parents can be alerted.

• The nursery will notify Ofsted as soon as reasonably practical, and within 14 days, of any incident of food poisoning affecting two or more children cared for on the premises.

Common Childhood Illnesses and Exclusion Periods

The nursery follows recommended guidance for common childhood illnesses.

Illness	Exclusion Period
Sickness and diarrhoea	Must remain at home until 48 hours after the last episode
Chickenpox	Until all blisters have dried and scabbed over
Hand, Foot and Mouth	Children may attend if well enough. However, the nursery may request absence if the child is unwell, symptoms are severe or if an outbreak occurs within the nursery.
Scarlet Fever	24 hours after starting antibiotics
Slapped Cheek	Children can attend once the rash appears if well enough, but parents must inform the nursery
Conjunctivitis	Usually no exclusion required. If symptoms are severe or cannot be managed in nursery, parents may be asked to keep the child at home
Impetigo	Until lesions have crusted over or 48 hours after starting antibiotics

Parents must inform the nursery if their child has been diagnosed with an infectious illness so that appropriate steps can be taken to minimise the spread of infection.

Administration of Calpol

The nursery does not routinely administer Calpol or other fever reducing medication in order to manage illness during the nursery day. If a child develops a temperature or becomes unwell, parents will normally be contacted and asked to collect their child.

With prior written parental consent, the nursery may administer one emergency dose of Calpol if temperature reaches 39degrees or over whilst parents are on their way to collect their child in order to ensure the child's comfort.

Calpol will only be administered when:

• written parental consent has been provided
• staff have checked when the child last received medication
• the correct dosage for the child's age has been confirmed

All medication administered will be recorded and signed in accordance with the nursery's medication procedures.

Teething Medication

We understand that teething can cause discomfort for young children.

The nursery may administer teething medication (such as teething gel or powders) provided:

• the medication is supplied by the parent in its original packaging
• the parent has completed a medication consent form
• the medication is age appropriate and administered according to the manufacturer's instructions

The nursery does not administer ibuprofen based medication such as Nurofen.

Teething medication should not be used to mask illness. If a child appears unwell or develops a temperature, parents will be contacted and asked to collect their child.

Meningitis Procedure

If a parent informs the nursery that their child has meningitis, the nursery manager will contact the Local Area Infection Control Nurse for guidance.

If parents do not inform the nursery directly, the nursery may be contacted by health authorities. In this situation the nursery will follow all guidance provided and notify the appropriate authorities, including Ofsted where required.

If a Child Requires Hospital Treatment

In the event of a serious illness or medical emergency, the nursery will follow its emergency procedures.

The nursery manager or staff member must:

• inform a member of the management team immediately
• call 999 for an ambulance if the illness is severe (staff must not transport children in their own vehicles)
• follow the instructions of the emergency call handler

• contact the parent(s) immediately and arrange for them to meet their child at the hospital
• ensure safe staff deployment to care for the remaining children
• arrange for an appropriate member of staff to accompany the child and take relevant documentation such as registration forms, medication records and comfort items where appropriate

Staff will remain calm and reassure children who may have witnessed the incident.

Infection Control

The nursery takes the following steps to minimise the spread of illness:

• regular hand washing for staff and children
• cleaning and disinfecting toys, equipment and surfaces
• increased cleaning during illness outbreaks
• encouraging good hygiene practices
• working closely with parents to ensure children who are unwell remain at home

Dated: February 2026