



## Illness and Exclusion – Information for Parents

At The Redbrick Day Nursery, we are committed to promoting good health and wellbeing for all children. Working in partnership with parents helps us to reduce the spread of infection and ensure that children who attend nursery are well enough to enjoy their day safely.

This page explains what happens if your child is unwell and when they may need to stay at home.

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### When Should My Child Stay at Home?

Children should be **well enough to take part fully** in nursery life, including indoor and outdoor play.

Please keep your child at home if they:

- Have a temperature of **38°C or above**
- Have had **vomiting or diarrhoea** within the last 48 hours
- Are showing signs of a contagious illness
- Are feeling generally unwell, lethargic or in discomfort

Keeping unwell children at home helps them recover more quickly and protects other children and staff.

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### If Your Child Becomes Unwell at Nursery

If a child becomes ill while at nursery:

- They will be cared for, comforted and monitored by a familiar member of staff
- A senior member of staff will contact you and ask that your child is collected as soon as possible
- We may ask for medical advice to be followed before your child returns

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### Exclusion Periods – Key Guidance

Below are our general exclusion guidelines. These are based on public health advice and help us manage infection control. Each child is considered individually, depending on symptoms and wellbeing.



### **Vomiting and Diarrhoea**

Children must stay at home for **48 hours after the last episode**.

### **Temperature / Fever**

Children should remain at home until they are fever-free for **24 hours without medication**.

### **Antibiotics**

Children may return to nursery **24 hours after starting antibiotics**, provided they are well enough to attend.

### **Chickenpox**

Children should stay at home for **5 days from the appearance of the rash**, or until all spots have scabbed over.

### **Scarlet Fever**

Children may return **24 hours after starting antibiotics**, if they are well.

### **Conjunctivitis**

No exclusion period is required, unless advised otherwise by a medical professional.

### **Hand, Foot and Mouth**

Children do not usually need to be excluded, unless symptoms are severe or during a significant outbreak.

### **Head Lice**

Children may attend once appropriate treatment has been given.

### **Unknown Rash or Serious Symptoms**

We may request medical advice before your child returns to nursery.

This list is not exhaustive. We follow UK Health Security Agency and NHS guidance and may update advice during outbreaks.

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## **Medication and Illness**

Medication should not be used to mask symptoms so that a child can attend nursery when they are unwell.

If your child requires medication, this must be discussed with staff and managed in line with our Medication Policy.

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## **Our Commitment to Health and Hygiene**



- We follow strict hygiene and cleaning routines
- Staff support children with regular handwashing
- Toys and equipment are cleaned and sanitised regularly
- Illness patterns are monitored so we can respond quickly if needed

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## **Working in Partnership with Parents**

We appreciate your support in keeping our nursery community healthy. If you are unsure whether your child is well enough to attend, please speak to a member of the management team for advice.

This information is reviewed regularly to reflect current guidance and best practice.