

Illness and Infections

At Enchanted Day Nursery, we promote good health and well-being through our service by:

- Healthy menus – preparing fresh food on site and catering to a range of needs
- A range of activities to promote physical exercise and emotional stimulation
- Following our health and safety policies and procedures
- Always providing children access to fresh drinking water
- PFA (paediatric first aid) trained staff
- Recognising symptoms of illness/infections promptly
- Clean and sterilise all potties and changing mats before and after each use
- Promoting regular handwashing with the children, especially before meal times
- Sterilising our toys and equipment on a regular basis
- Carrying out necessary risk assessments
- Immediately clean and sterilise (where necessary) any dummy or bottle that falls on the floor or is picked up by another child
- Where applicable wear specific indoor shoes or slippers whilst inside the rooms and make sure that children wear them as well
- Ask parents and visitors to remove all outdoor footwear or use shoe covers when entering rooms where children may be crawling or sitting on the floor
- Wear the appropriate Personal Protective Equipment (PPE) when changing nappies, toileting children and dealing with any other bodily fluids. Staff are requested to dispose of these in the appropriate manner and wash hands immediately



If a child becomes ill under the care of Enchanted Day Nursery, we take necessary steps to prevent the spread of infection and take appropriate action to meet that child's needs. The manager or senior staff member, reserves the right to refuse admission to a child who is unwell.

1. The nursery manager will contact the parent and ask for them to collect their child and seek medical advice, if they show signs/symptoms of any illnesses that require an exclusion period (see chart below). The child will be cared for in a quiet and calm area during this time.
2. If a child's temperature is 38C or above, the parent will be asked for authorisation for Calpol. Parents will give written permission on registration, to inform Enchanted Day Nursery of whether the child is allergic to any medication, whether they have had calpol before and whether they give consent for it to be administered in an emergency.
3. If there is a case of food poisoning affecting two or more children/staff within the nursery, we inform Ofsted within 14 days of the incident.
4. If there is an outbreak/spread of infectious diseases, the nursery manager will report to the HSE from RIDDOR and/or Ofsted.
5. Where a medical professional confirms a contagious disease/infection, the nursery manager will ask the parents to contact the setting, so all other parents can be made aware (child's name will be kept confidential).
6. If staff are pregnant or suspect they may be pregnant we would advise them to seek medical advice if they have been exposed to an infectious illness.

Illness	Recommended time to be kept away from nursery	Signs/Symptoms
Chicken pox	Until spots have crusted over	Itchy spots
Cold sores	None	Painful sores in and around mouth
Hand foot and mouth	None	Mouth ulcers, spotty rash/blisters typically on fingers/hands, feet.
Ear infection	None	Swollen glands, ear ache, discharge from ear.
Impetigo	Until lesions are crusted or healed or 48 hours after starting antibiotics	Red sores/thick golden crusts/ fluid-filled blisters
Measles*	Four days from onset of rash	Spots in mouth/blotchy rash. High temperature, lack of energy, flu like symptoms
Ringworm	none	Ring-like red or silvery rash. Scaly, itchy and inflamed skin.
Scabies	Child can return after first treatment	Intense itching and rash.
Scarlet fever*	Child can return 24 hours after starting antibiotic treatment	Rash made up of pink-red blotches. High temperature and swollen glands
Slapped cheek	None	Bright red rash on cheeks. Slightly high temperature, feeling generally unwell.
Shingles	Only if rash is weeping and cannot be covered	Rash with itchy blisters.
Diarrhoea and vomiting	48 hours from last episode	Stomach pains, loss of appetite.

Illness	Recommended time to be kept away from nursery	Signs/Symptoms
Whooping cough*	Five days from starting antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment	Runny nose, sore throat, raised temperature. Can induce vomiting and thick mucus.
Conjunctivitis	None	Bloodshot, itchy, watery, sticky pus filled eyes.
Glandular fever	None	High temperature, sore throat, swollen glands.
Head lice	None	Itchy hair/visible signs of lice.
Hepatitis A*	Exclude until seven days after onset of jaundice (or seven days after symptom onset if no jaundice)	Yellowing of skin and eyes, itchy skin. Mild fever, feeling/being sick.
Meningococcal meningitis*/ septicæmia*/ other bacteria	Until recovered	Small red pinprick rash that can turn blotchy and doesn't fade when a glass is rolled. High temperature, drowsiness, sickness.
Meningitis* viral	None	Small red pinprick rash that can turn blotchy and doesn't fade when a glass is rolled. High temperature, drowsiness, sickness.
Mumps	Exclude child for five days after onset of swelling	Swelling of parotid glands (saliva glands). Difficulty swallowing, high temperature.
Cold	None	High temperature, runny nose, sore throat.
Tonsillitis	None	Red sore throat. Blistered tonsils. Difficulty swallowing.

Key: *notifiable disease.