



## Guide to sickness & illness

We have compiled this quick guide for you as parents to refer to when your child is sick or showing signs of illness. These are the guidelines we must adhere to as a nursery, in order to keep children safe and limit the spread of diseases.

### Is my child too ill for nursery?

It can be difficult deciding whether or not to keep your child off nursery when they're unwell. There are government guidelines for nurseries about managing specific infectious diseases at GOV.UK. These say when children should be kept off nursery and when they shouldn't.

If you do keep your child at home, it's important to phone the nursery on the first day. Let us know that your child won't be in and give us the reason. If your child is well enough to go to nursery but has an infection that could be passed on, such as a cold sore or head lice, let us know.

## Follow this advice for other illnesses

### Coughs and colds

It's fine to send your child to nursery with a minor cough or common cold. If they have a fever, keep them off nursery until the fever goes. Encourage older child to throw away any used tissues and to wash their hands regularly.

### Slapped cheek syndrome (fifth disease)

You don't need to keep your child off nursery if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. Let the nursery know if you think your child has slapped cheek syndrome. Please notify us and your GP if you are pregnant.

### Sore throat

You can still send your child to nursery if they have a sore throat. If they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis.

### Threadworms

You don't need to keep your child off nursery if they have threadworms. Speak to your pharmacist, who can recommend a treatment.

## Cold sores

There's no need to keep your child off nursery if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

## Conjunctivitis

You don't need to keep your child away from nursery if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

## Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough to go to nursery, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

## Head lice and nits

There's no need to keep your child off nursery if they have head lice. You can treat head lice and nits without seeing a GP.

## High temperature

If your child has a high temperature, keep them off nursery until it goes away.

## COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to nursery.

Your child should stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to nursery or do their normal activities

### **What to do if your child has tested positive**

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

## Ear infection

If your child has an ear infection and a high temperature or severe earache, keep them off nursery until they're feeling better or their high temperature goes away.

## Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to nursery once they have started treatment.

## Scarlet fever

If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to nursery 24 hours after starting antibiotics.

## Vomiting and diarrhoea

Children with diarrhoea or vomiting should stay away from nursery until they have not been sick or had diarrhoea for at least 2 days (48 hours).

## Chickenpox

If your child has Chickenpox, keep them off nursery until ALL the spots have crusted over. This is usually about 5 days after the spots first appeared.

## Impetigo

If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off nursery until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at nursery.



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# Should I keep my child off school?



## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



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### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minftec>.



# Wash your hands with soap and water for 20 seconds



1



Palm to palm

2



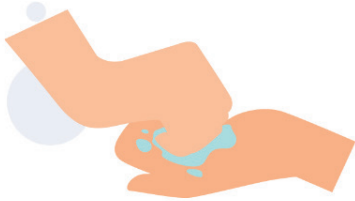
Back of hands

3



Between fingers

4



Back of fingers

5



Thumbs

6



Tip of fingers

To help keep time, sing 'Happy Birthday' twice



# Cover your coughs and sneezes

1



Use a tissue if you have one



If you have no tissue use your sleeve



2

Wash your hands for 20 seconds with soap and water.

To help keep time - sing 'Happy Birthday' twice