

# Common Ailment Policy

## Policy Statement

At Peques, we aim to promote good health and hygiene for all children in our care. We seek to minimise the spread of infection while ensuring children are only excluded where necessary to protect their own health and the health of others.

Peques follows guidance from the NHS and the UK Health Security Agency (UKHSA). In some circumstances, exclusion periods may be slightly longer than national minimum guidance in order to safeguard children in a group early years environment.

Where a child develops a contagious illness, parents are informed in writing where appropriate. The nursery will implement enhanced cleaning and disinfection procedures to reduce the risk of spread.

Parents who are unsure when their child may return following illness must contact the Nursery Manager for clarification before bringing their child back to the setting.

The Nursery Manager reserves the right to refuse admission if a child is unwell or poses a risk of infection to others.

## If Your Child is Unwell

On arrival

If your child appears unwell on arrival, you will be asked to take them home for their welfare and that of other children and staff.

During the day

If your child becomes unwell while at nursery, the Manager will contact you to arrange collection. Staff will comfort and monitor your child and record changes in their condition to share with you upon collection.

Return to nursery

The Nursery Manager must be satisfied that your child is fully recovered and no longer contagious before re-admitting them.

## Common Childhood Ailments – Exclusion Guidance

The table below provides a summary of minimum exclusion periods. Full explanations follow and must be read alongside this table.

Condition	Minimum Exclusion Period	Key Return Criteria
Impetigo	5 full days after starting treatment	All sores crusted over
Ringworm	2 full days after starting medication	Treatment commenced
Hand, Foot & Mouth	5 full days after rash appears	Child well and fever-free
Threadworm	2 full days after starting medication	Treatment commenced
Conjunctivitis	2 full days after treatment starts	Eyes no longer red or pus-filled
Slapped Cheek Syndrome	No exclusion if child is well	Child fit and well

Condition	Minimum Exclusion Period	Key Return Criteria
Head Lice	Return the next day after treatment	Treatment completed
Scabies	Return immediately after full treatment	Treatment completed
Diarrhoea & Vomiting	2 full days after last episode	Child well
Scarlet Fever	2 full days after starting treatment	Child well
Chickenpox	7 full days after spots appear	All blisters crusted over
Strep A	2 full days after starting medication	Child well
Measles	5 full days from rash onset	Child fully recovered

## Explanatory Guidance

### Impetigo

Highly contagious bacterial skin infection causing sores and blisters.

Exclusion: 5 full days after starting treatment and once all sores have crusted over.

Example: First dose Tuesday → Day 1 Wednesday → Day 5 Sunday → return Monday.

Treatment must be prescribed antibiotic cream or medicine.

### Ringworm

Fungal infection causing a scaly or itchy rash.

Exclusion: 2 full days after starting medication.

Example: First dose Tuesday → Day 1 Wednesday → Day 2 Thursday → return Friday.

### Hand, Foot & Mouth Disease

Causes mouth ulcers and spots on hands and feet.

Exclusion: 5 full days after rash appears, if fever-free and feeling well.

Example: Rash appears Tuesday → Day 1 Wednesday → Day 5 Sunday → return Monday.

No specific treatment; usually resolves naturally.

### Threadworm

Tiny worms causing itching, especially at night.

Exclusion: 2 full days after starting medication.

Example: First dose Tuesday → Day 1 Wednesday → Day 2 Thursday → return Friday.

### Conjunctivitis (Pink Eye)

Red, inflamed, contagious eyes.

Exclusion: 2 full days after treatment starts and eyes are no longer red or pus-filled.

Example: First dose Tuesday → Day 1 Wednesday → Day 2 Thursday → return Friday.

### Slapped Cheek Syndrome (Fifth Disease)

Usually mild, with rash and cold-like symptoms.

Exclusion: None, if the child is fit and well.

### Head Lice

Tiny insects in the hair.

Exclusion: Child may return the next day after treatment.

Treatment must be completed. A repeat treatment is required after two weeks.  
Parents give permission for head checks on the registration form. Long hair will be tied back to reduce spread.

### Scabies

Mites causing an itchy rash.

Exclusion: Child may return immediately after full treatment.

Treatment is a lotion applied to the whole body and repeated after one week.

### Diarrhoea and Vomiting

Usually caused by a stomach virus.

Exclusion: 2 full days after the last episode.

Example: Last episode Tuesday → Day 1 Wednesday → Day 2 Thursday → return Friday.

### Scarlet Fever

Bacterial infection with rash and fever.

Exclusion: 2 full days after starting treatment.

Example: First dose Tuesday → Day 1 Wednesday → Day 2 Thursday → return Friday.

### Chickenpox

Itchy rash turning into fluid-filled blisters.

Exclusion: 7 full days after spots appear and once all blisters have crusted over.

Example: Spots appear Tuesday → Day 1 Wednesday → Day 7 Tuesday → return Wednesday.

### Strep A

Bacterial infection causing sore throat, rash or fever.

Exclusion: 2 full days after starting medication.

Example: First dose Tuesday → Day 1 Wednesday → Day 2 Thursday → return Friday.

### Measles

Highly contagious viral infection with rash.

Exclusion: 5 full days from rash onset and child fully recovered.

Example: Rash appears Tuesday → Day 1 Wednesday → Day 5 Sunday → return Monday.

Parents must seek medical advice if measles is suspected. Parents of unvaccinated children may be notified where required.

## **Our Responsibilities**

Contact parents immediately if symptoms are identified.

Ensure enhanced cleaning and infection control procedures are implemented.

Confirm the child is fit to return before re-admission.

Report significant or notifiable cases to UKHSA or Public Health teams where required.

## **Parent Responsibilities**

Disclose any known or suspected infectious illness.

Follow exclusion guidance and support their child's recovery before return.

Seek medical advice where appropriate.