Managing Children Who Are Sick, Infectious, or With Allergies

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Policy updated September 2026

Policy statement

We provide care for healthy children through preventing cross infection of viruses and bacterial infections and promote health through identifying allergies and preventing contact with the allergenic substance.

Procedures for children who are sick or infectious

- If children appear unwell during the day – have a temperature, sickness, diarrhoea or pains, particularly in the head or stomach – the headteacher or designated deputy calls the parents and asks them to collect the child, or send a known carer to collect on their behalf.
- If a child has a high temperature or becomes unwell, they will be kept comfortable, monitored and their parent/carer contacted as appropriate.
- In extreme cases of emergency the child should be taken to the nearest hospital and the parent informed.
- Children who are unwell with a high temperature, sickness, diarrhoea or an infectious illness requiring exclusion should not attend nursery. Return to nursery will be based on the child being well enough to attend and on current public health exclusion guidance. Medical advice should be sought where appropriate.
- There is no blanket requirement for a child who has been prescribed antibiotics to remain at home for 48 hours. Any exclusion period will follow the current UKHSA infection-specific guidance and the child must be well enough to attend. However, children should be well, and the administration of antibiotics will be in line with the Administering Medicine Policy.
- After diarrhoea or vomiting, parents are asked to keep children home for at least 48 hours after the last episode. Some infections may require a longer exclusion period on medical or public health advice.

Reporting of notifiable diseases and public health advice

- Healthcare professionals have statutory responsibilities for notifying certain infectious diseases to the proper officer. The nursery is not responsible for making the clinician's notification.
- When the nursery becomes aware of a confirmed or suspected infectious disease, cluster or outbreak for which public health advice is required, the Headteacher will contact or follow advice from the local UKHSA Health Protection Team as appropriate.
- The nursery will make any notification to Ofsted or another authority that is required under the Early Years Foundation Stage or other applicable requirements.

HIV/AIDS/Hepatitis procedure

- HIV, like other blood-borne viruses such as Hepatitis B and C, can be transmitted through body fluids. Appropriate hygiene precautions for dealing with blood and body fluids are applied consistently to all children and adults.
- Single use gloves and aprons are worn when changing children's nappies, pants and clothing that are soiled with blood, urine, faeces or vomit.
- Protective gloves are used when cleaning contaminated items where appropriate.
- Soiled clothing is bagged securely for parents/carers to collect or dealt with in accordance with nursery infection-control procedures.
- Spills of blood, urine, faeces or vomit are cleaned promptly using appropriate cleaning and disinfecting procedures and personal protective equipment.
- Tables, furniture, furnishings or toys contaminated by body fluids are cleaned and disinfected appropriately.

Nits and head lice

- Nits and head lice are not normally an excludable condition.
- On identifying cases of head lice, parents/carers will be advised to check and treat affected household members as appropriate.

Procedures for children with allergies

When parents start their children at the nursery they are asked if their child suffers from any known allergies. This is recorded on the registration form.

Detailed arrangements for identifying, assessing and managing allergies and anaphylaxis are set out in the nursery's separate Allergy and Anaphylaxis Policy. This includes individual risk assessment, Allergy Action Plans/Individual Healthcare Plans where appropriate, prescribed adrenaline auto-injectors (AAIs), the nursery's spare AAI arrangements, staff training, emergency response and allergen controls.

The Allergy and Anaphylaxis Policy applies across nursery activities including food and snacks, baking and cooking, celebrations, visitors, outdoor provision and trips.

Medication

Medication will be managed in accordance with the nursery's Administering Medicines Policy. This policy does not duplicate the detailed requirements for consent, storage, administration and recording of medicines.

Children with long-term or significant medical needs will be supported in accordance with the Supporting Children with Medical Conditions Policy and any relevant Individual Healthcare Plan, Allergy Action Plan, Asthma Policy or emergency procedure.

Related policies and procedures

- Administering Medicines Policy
- Supporting Children with Medical Conditions Policy
- First Aid Policy
- Asthma Policy
- Allergy and Anaphylaxis Policy
- Emergency AAI procedure
- Safeguarding Policy

Guidance

- Early Years Foundation Stage statutory framework for group and school-based providers, September 2026
- UKHSA Health protection in children and young people's settings, including education, and current public health exclusion guidance

This policy will be reviewed regularly and sooner where statutory requirements, public health guidance or nursery arrangements change.