



SICKNESS POLICY

December 2025

Review: December 2026 (or when required)

Statement:

We at Kidzproof Ltd realise that all children have minor illnesses that do not prevent them from attending preschool however in the following circumstances children will be excluded from Kidzproof Preschool:

- Diarrhoea/Vomiting
- Infectious diseases

Aim:

- To reduce the spread of infection and to keep children and staff healthy and safe.

Procedure

- Please read in conjunction with our Administering Medicines Policy;
- If a child arrives at preschool ill the manager will make the decision as to whether the child is fit to attend or not, if not the parent/carer will be asked to take the child home;
- If a child becomes ill during the day we will contact the parent/carer and they may be required to collect the child;
- We ask that parents/carers must inform us immediately of an infectious disease that their child has so we can alert other parents;
- By maintaining a clean environment and encouraging good hygiene we can reduce the spread of infection;
- Parents are still required to pay their fees if their child is off from preschool sick. However in the event of long term illness please speak to the manager and we will discuss alternative arrangements;
- Notifiable diseases are reported to the correct establishment (a list of notifiable diseases can be found at the bottom of this document).

CHILDHOOD DISEASES AND DISORDERS All information below has come from the
Nation Health Service (NHS) website

Disorder	Signs & Symptoms	Incubation	Isolation from School
Bronchiolitis	Cold like to start, then irritating cough, slight high temperature, rapid wheezy breathing and difficulty eating	5-8 days Very infectious	Until recovered
Chickenpox and Shingles	Usually starts with a slight fever, feeling unwell and an itchy rash of flat red spots which weep and are raised, more on body than face or limbs. They scab over after 3-4 days	13 to 17 days. Shingles are not infectious apart from contact with the spots	Until 5 days after spots appear or when they scab over and the child feels better. Avoid contact with new-born babies, immunosuppressed persons and pregnant woman who have not had it
Cold and Flu like illness including COVID – 19	High temperature, sore throat, cough, blocked or runny nose, headaches, muscle aches, sneezing, pressure in your ears and face, loss of taste and smell		They no longer have a high temperature and feel well enough to attend. Follow the national guidance if they have tested positive for COVID-19
Conjunctivitis	Eyes are pink with discharge, watery or thick. Eyes feel gritty or sticky particularly in the morning. Spreads from one eye to both	12 hours – 3 days	Safe to come to school unless child feels unwell
Diarrhoea and Vomiting	Varies but may be abdominal pain, nausea and fever in addition to diarrhoea and vomiting	Few hours to a few days depending on cause	48 hours after last symptoms
Glandular Fever	Fatigue, sore throat, fever, faint rash and neck gland enlargement. Possible tonsillitis or mild jaundice. Some have no signs or symptoms	4-6 weeks	Until feeling well

Hand, Foot and Mouth	Sore throat, fever and blisters on inside of the mouth and throat. These may also appear on palms, fingers and toes	3-5 days. Faeces of infected person are infectious as well as discharge from nose and throat	Until they are feeling well
Impetigo	Redness, particularly around the nose and mouth developing into crusty sores	4-10 days. Infectious when discharge persists	Once spots are healing and the child feels better
Measles	Various. Fever, conjunctivitis, cough, spots on cheeks or inside of the mouth. 3-7 days later red, blotchy rash spreading from the face and lasting for 4-7 days. Feeling very unwell	7-14 days. Infectious up to 4 days after rash appears	At least 4 days after the rash appears and they feel well. Avoid contact with new born babies and immunosuppressed persons
Meningitis	Severe head ache, fever, stiff neck, lowered state of consciousness, vomiting and aversion to light. Later a bluish or red blotchy rash which does go under pressure. MA maybe very sudden onset and often misdiagnosed	2-10 days	When fully recovered
Mumps	Fever. Swelling, tenderness to neck glands	12-25 days	5 days after symptoms first develop
Ringworm	Flat, spreading ring-shaped patches. Edges are usually reddish and crusted	4-10 days. Can be caught from infected farm animals	Once treatment has started
Rubella (German Measles)	Possible none in a child, fever, rash, headache and possibly joint pains and conjunctivitis	16-18 days Infectious up to 4 days after rash appears	5 days after the rash appears
Scarlett Fever also called Scarlatina	Symptoms of scarlet fever develop within a week of being infected. Early signs include a sore throat, a headache,	Up to 7 days before symptoms start	24 hours after starting antibiotics

	a high temperature (38.3C/101F or above), swollen glands in the neck and being sick. This may be followed by a rash on the body, a red face and a white or red tongue.		
Slapped Cheek Disease	A high temperature, fever and nasal discharge, a bright red rash like the mark left by a slap appears on the cheeks, over the next 2 to 4 days a lacy rash spreads to the torso and limbs,	A few days before the rash appears. Children are longer contagious when the rash appears	After the rash has appeared
Whooping Cough	Cold like symptoms, followed about a week later by coughing bouts that last for a few minutes and are worse at night, may become red faced, may bring up thick mucus which can make you sick.	6 days after the cold like symptoms to 3 weeks after the coughing starts	5 days from the start of antibiotic treatment

List of notifiable diseases:

Diseases notifiable to local authority proper officers under the Health Protection (Notification) Regulations 2010:

- Acute encephalitis
- Acute infectious hepatitis
- Acute meningitis
- Acute poliomyelitis
- Anthrax
- Botulism
- Brucellosis
- Cholera
- COVID-19

- Diphtheria
- Enteric fever (typhoid or paratyphoid fever)
- Rabies
- Rubella
- Severe Acute Respiratory Syndrome (SARS)
- Scarlet fever
- Smallpox
- Tetanus
- Food poisoning
- Haemolytic uraemic syndrome (HUS)
- Infectious bloody diarrhoea
- Invasive group A streptococcal disease
- Legionnaires' disease
- Leprosy
- Malaria
- Measles
- Meningococcal septicaemia
- Mumps
- Plague
- Tuberculosis
- Typhus
- Viral haemorrhagic fever (VHF)
- Whooping cough
- Yellow fever