

Petworth Primary Nursery

Child Sickness Policy



Reviewed:	October 2026
Next Review:	October 2027
Person Responsible:	Amy Eddy

Inspire, nurture and challenge with JOY at the heart in all we do.

Enclosed is a list of the most common communicable diseases that young children experience and this policy set out our expectations on how to deal with them. The list has been devised using guidance from the Health Protection Agency and Public Health England please follow this link if you would like any further advice or information [A2 Schools poster Oct 2022 Final.pdf \(hscni.net\)](#)

When your child joins Petworth Primary Nursery, we will ask you to complete a health care plan if your child has any health needs. If your child's medical condition changes or there is a new need, please let us know, so that we can keep our records up to date. The following information has been produced as a guideline for you but if you are concerned about your child and unable to get an appointment with your G.P. please consult a Pharmacist or NHS direct. You could also speak to your health visitor if you have any concerns about your child's health or development.

If your child is suffering from any of the following infectious illnesses and therefore is unable to attend Petworth Primary Nursery please contact us on [01798 345214](tel:01798345214). Once informed we will place a notice on the front door of the nursery to ensure that everyone has been notified of any communicable diseases in the nursery. Please notify a member of staff if you feel your child is unwell or is recovering from illness to enable us to provide the appropriate care if needed.

Your child's health is primarily your responsibility, if they are ill and need one to one comfort, they must stay at home as we are unable to offer an ill child one to one care on an extended basis. We value the opportunity to work with you for the best interests of your child and we are happy to discuss any concerns you may have.

Your child should not attend the setting if they have had Calpol or any other pain-relieving medication. If you are ever unsure of anything, or your child is suffering from something not listed below, please contact us.

1. Diarrhoea and/or Vomiting

Signs and Symptoms

As diarrhoea and vomiting is infectious please do not bring your child back to Petworth Primary Nursery until they have been clear of these symptoms for 48 hours. If your child has 3 or more episodes of diarrhoea or is sick whilst at Petworth Primary Nursery, then we will call and ask that you collect your child and keep them away from the setting for a minimum of 48 hours from their last episode of sickness or diarrhoea. If the sickness and/or diarrhoea continues for longer than three days please contact your G.P for a sample to be taken and tested to rule out any further conditions such as cryptosporidiosis.

In some situations, such as when there are high levels of sickness and diarrhoea Petworth Primary Nursery may reduce this to one occasion of diarrhoea before we ask the child to be collected.

2. Chicken Pox

Signs and Symptoms

Children who suffer with Chicken Pox can display a wide range of symptoms, but usually they will appear fretful, suffer with a loss of appetite and have a high temperature. A rash will appear on the trunk, face or limbs, and then small blisters will form which may cause an irritation.

Parents Action

Chicken pox is infectious for up to five days before and five days after the appearance of the last spots. To reduce the risk to others your child must be excluded from Petworth Primary Nursery for five days after the appearance of the spots, or until all the spots/blisters are dry. Pregnant women should be made aware so that they can consult their doctor for advice if they are not immune.

3. Hand, Foot and Mouth

Signs and Symptoms

Hand, Foot and Mouth is usually a mild illness which often starts with a feeling of being unwell for a day or so. This might include a high temperature. After this a sore throat commonly occurs, quickly followed by small spots that develop inside the mouth. Blisters also often appear on palms, soles of the feet as well as in the mouth. Spots sometimes also appear on the buttocks, legs and genitals.

Parents Action

Although there is no requirement for children to be excluded from the setting, it can be infectious if the blisters are weeping or sore. If suffering from this, children are generally unwell in themselves. Please keep your child away from Petworth Primary Nursery if the blisters are weeping or until they are “clinically well”. Pregnant women should be made aware so that they can consult their doctor for advice if they are not immune.

4. Impetigo

Signs and Symptoms

Impetigo is an infection of the skin caused by bacteria. It most commonly occurs in the skin around the nose and mouth, but it can also affect skin in other parts of the body. The spots may be clustered or merge together. The centre of each one rapidly becomes a blister, which then bursts, oozing a typical golden fluid. Crusts form over the red spots, which may be itchy or slightly sore.

Parents Action

If impetigo is suspected, you must take your child to see your doctor as the condition is infectious, and antibiotic treatment is important. In mild cases, antibiotic cream applied locally to the spots may be all that is needed, but in more severe cases antibiotic tablets or syrup must be taken. Because the condition is contagious, children with impetigo must be excluded from Petworth Primary Nursery until all the spots have crusted and dried OR 48 hours after the first dose of antibiotics.

5. ‘Fifth Disease’ Parvovirus B19 (Slapped Cheek)

Signs and Symptoms

Fifth Disease is usually a mild illness caused by a human virus B19. It particularly affects children and typically causes a mild rash that may resemble a “slapped-cheek”. The rash then spreads to the trunk, arms, and legs. As the centres of the blotches begin to clear, the rash takes on a lacy net-like appearance. Other symptoms that can occur include joint pain (arthralgia), fever and general flu-like symptoms.

Parents Action

If your child is unwell then please keep them away from the Petworth Primary Nursery until they are well. If you're pregnant and develop a rash or if you've been exposed to someone with fifth disease (or to anyone with an unusual rash), consult your doctor for medical advice.

6. Coughs, Cold and Flu

Naturally in this kind of environment we are open to all kinds of disease and as the majority of germs are air-borne, we do appreciate that children will pick-up illnesses. If your child is unwell and would not cope with a Petworth Primary Nursery day, it would be appreciated if you could keep them at home, to reduce the risk of spreading the infection to the other children.

7. Measles and German Measles (Rubella)

Signs and Symptoms

Early symptoms of measles may include a running nose, watery eyes, high temperature and a cough. Red spots with a white centre may also be seen on the inside of the mouth, behind the ears and on the face and limbs.

Parents Action

As measles is infectious please exclude your child from the setting for four days from the first appearance of the rash.

8. Conjunctivitis

Signs and Symptoms

Conjunctivitis causes the following symptoms in one or both eyes: - soreness, itchiness, redness of the whites of the eye, watering or discharge and / or slight sensitivity to light.

Parents Actions

There is no exclusion period for conjunctivitis. Petworth Primary Nursery can only administer medication which has been prescribed by a G.P, we are able to clean the child's eye area if required using cotton wool and warm water.

9. High Temperature

A child's normal body temperature is considered to be around 36.4°C this can vary child to child.

A temperature above **38°C** is considered to be a high temperature. Therefore, if your child has a temperature of **38°C** whilst at Petworth Primary Nursery we will monitor them closely and contact you after half an hour to arrange collection of your child where we can also offer the administration of Calpol. If we are unable to contact you, we will continue to try and also contact the other emergency contacts listed the child's registration form.

If your child's body temperature reaches **39°C** or above we will contact you immediately as well as asking if you would like us to call 111 for further advice unless we deem this essential.

At no point should a child come into Petworth Primary Nursery with a high temperature.

10. Covid19

Due to the updated government guidelines, we are no longer required to contact you if your child is displaying symptoms of Covid19 such as a persistent cough however please refer back to the coughs and colds sections of this policy and please do not send your child in if you think that they are not well enough to cope with a day at Petworth Primary Nursery. We will also be following the above guidance if your child has a high temperature within the setting. There is currently no requirement to isolate if you or your child has Covid19 and from April 1st 2022 there will also be no requirement to get tested should you display symptoms.