

Illness and Exclusion Policy

Purpose

Aflah Nursery is committed to promoting the health, safety and wellbeing of all children, staff and visitors. We recognise that effective infection prevention and control is essential in reducing the spread of illness and ensuring children are cared for in a safe and healthy environment.

This policy outlines how the nursery manages illness, responds to infectious diseases and works in partnership with families to protect the wellbeing of everyone attending the setting.

Our Commitment

The nursery is committed to promoting good health through effective hygiene practices, robust infection control procedures and close partnership with parents and carers. We encourage regular handwashing, good respiratory hygiene and the routine cleaning of toys, equipment and learning environments to minimise the spread of infection.

We follow current guidance from the UK Health Security Agency (UKHSA) and other relevant public health bodies to ensure our procedures remain up to date and reflect best practice.

Children Who Are Unwell

Children should only attend nursery if they are well enough to participate comfortably in the normal daily routine. If a child is unwell before the start of the day, parents and carers are asked to keep them at home until they have recovered sufficiently.

The Nursery Manager reserves the right to refuse admission where a child appears too unwell to participate safely or where their illness may present a risk to the health and wellbeing of other children or staff.

If a child becomes unwell whilst attending nursery, they will be cared for in a quiet and comfortable area under the supervision of a member of staff while every effort is made to contact their parent or carer. Parents are expected to collect their child as soon as reasonably practicable.

If a Child Comes into Nursery Having Sustained an Injury Whilst in Parent's/Carer's Care:

Firstly, undertake immediate First Aid if required;

Ask parent about how the injury took place (do not be suspicious unless parent/carer feedback does not seem plausible)

Complete pro-forma: Aflah Nursery Body Map, which should be completed with the parent/carer and signed as required. The injury's position, colour (if bruise), size and shape should all be recorded as accurately as possible.

Infectious Illnesses

To reduce the spread of infection, children with infectious illnesses should remain at home for the recommended exclusion period.

Children who have experienced vomiting or diarrhoea must not return to nursery until they have been symptom-free for at least 48 hours.

The nursery will follow the latest UK Health Security Agency (UKHSA) guidance when determining exclusion periods for infectious diseases and may request that children remain at home where this is considered necessary to protect the health of others.

Notification of Serious Illness

Where a child in the nursery's care develops a serious illness or other health-related incident that meets the criteria for notification, Aflah Nursery will follow the relevant statutory reporting requirements.

Ofsted will be notified of any serious illness where notification is required under the Early Years Foundation Stage (EYFS), as soon as reasonably practicable and within the required statutory timescale.

Where appropriate, the nursery will also seek advice from, and notify, relevant health protection or safeguarding agencies, and will follow any instructions or recommendations provided. The nursery will maintain appropriate records of significant illness and any action taken.

Medication and Recovery

Children who have been prescribed antibiotics may attend nursery provided they are well enough to take part in normal nursery activities, and their condition does not require exclusion under current public health guidance. Where medication is required during nursery hours, it will only be administered in accordance with the nursery's Administration of Medicines Policy and with the appropriate parental consent.

Transporting Children to Hospital Procedure

1. If an illness or injury is serious, staff must call an ambulance immediately. Staff must not transport a sick or injured child in their own vehicle.
2. While waiting for the ambulance, staff will contact the child's parent or guardian and arrange to meet them at the hospital.
3. A senior member of staff must accompany the child and take the child's registration forms, relevant medication records and any medication belonging to the child. A member of the management team must also be informed immediately.
4. Staff must always remain calm. Children who witness an accident may be affected by it and may need reassurance.

Notifiable Diseases

Where the nursery is informed that a child has a notifiable disease, the Nursery Manager will seek advice from the appropriate health protection authorities and follow any guidance provided.

Where necessary, parents and carers will be informed of any action required to protect the health of children and staff, whilst maintaining appropriate confidentiality.

Returning to Nursery

Children should return to nursery only when they are well enough to participate fully in the daily routine and any recommended exclusion period has ended.

Where appropriate, the Nursery Manager may request additional medical information or advice before a child returns to nursery to ensure it is safe for both the child and the wider nursery community.

Monitoring and Review

The Nursery Manager is responsible for ensuring this policy is implemented consistently and reviewed regularly in line with current legislation, statutory guidance and public health advice.

This policy should be read alongside the Administration of Medicines Policy, Accident and First Aid Policy, Health and Safety Policy, Food and Drink Policy and Safeguarding and Child Protection Policy.

Date Approved: August 2026

Review Date: August 2027

Appendix A – Recommended Exclusion Periods

The nursery follows the most up-to-date guidance published by the UK Health Security Agency (UKHSA) regarding infectious illnesses and exclusion periods. The table below provides guidance on some of the most common childhood illnesses.

Illness	Recommended Exclusion Period
Diarrhoea and/or vomiting	Until 48 hours after the last episode.
Chickenpox	Until all spots have crusted over.
Scarlet Fever	At least 24 hours after starting appropriate antibiotic treatment.
Impetigo	Until lesions are healed or crusted over, or 48 hours after starting antibiotic treatment where appropriate.
Measles	Four days from the onset of the rash.
Mumps	Five days after the onset of swelling.
Rubella (German Measles)	Five days from the onset of the rash.
Whooping Cough	Two days after starting appropriate antibiotics, or 21 days from the onset of symptoms if untreated.
Hand, Foot and Mouth Disease	Children may return once they are well enough to attend.
Conjunctivitis	Exclusion is not normally required unless advised by a healthcare professional or during an outbreak.
Head Lice	Exclusion is not normally required; treatment should begin as soon as possible.

The Nursery Manager may seek advice from the UK Health Security Agency or other relevant health professionals where there is uncertainty regarding exclusion periods or the management of an infectious illness.

This appendix reflects current UKHSA guidance at the time of publication and may be updated independently of this policy to ensure the nursery continues to follow the latest public health advice.

AFLAH NURSERY