

## Bizzie Lizzies Nursery and Pre School.

Nursery Ofsted URN- EY392303  
Pre school Ofsted URN – 2549120  
RP number - 906327

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### Sickness Policy

#### Health, Illness, and Medication Policy

##### Links to Other Policies

- Accidents and Incidents (First Aid)
- Staff Sickness Policy
- Health and Hygiene Policy (Cleaning)
- Oral Health Policy

#### EYFS Requirement

The EYFS states:

- Providers must promote the good health—including the **oral health**—of all children attending.
- Providers must have a procedure for responding to children who are ill or infectious, preventing the spread of infection, and taking appropriate action.
- Providers must have and implement a policy and procedures for **administering medicines**.
- This must include:
  - A system for obtaining and updating information about children's medical needs.
  - Training for staff where medical or technical knowledge is required.

- Prescription medicines may only be administered if prescribed by a **doctor, dentist, nurse, or pharmacist**. (Medicines containing aspirin must only be given if prescribed by a doctor.)
  - Written parental permission must be obtained for each medicine.
  - A written record must be kept of each administration, and parents informed on the same day or as soon as reasonably practicable.
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## Oral Health

At Bizzie Lizzies, we actively promote the importance of good oral health. Children are encouraged through:

- Discussions during circle time and daily routines about brushing teeth, dental visits, and tooth-friendly food and drinks.
  - Ad hoc conversations prompted by play, stories, or meals.
  - Parents are asked at admission whether their child is registered with a dentist. If not, we provide information about local NHS dentists.
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## Children's Health and Illness

### General Principles

- Children inevitably pick up common childhood illnesses; they may need to remain at home to recover and to prevent the spread of infection.
- Parents/carers must **inform the nursery/preschool immediately** of any contagious illness their child has been diagnosed with.
- Parents/carers must inform us if their child has not received age-appropriate immunisations, whether due to choice or medical reasons. In such cases, exclusion may be necessary during outbreaks.
- Enhanced cleaning will be carried out during outbreaks. In some cases, temporary closure may be required.
- Parents/carers must remember that **some children and staff are more vulnerable** to infection, including expectant mothers.

### Medication Before Nursery

Parents must **inform staff if their child has had any medication before attending nursery**, including the reason for its use.

### Attendance Criteria

- Children must be **well enough to fully participate** in the nursery day.
  - A child requiring regular paracetamol or ibuprofen is **not well enough to attend**.
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## Exclusion Guidelines

- **Antibiotics** – Children must stay home for 48 hours after the first dose.
  - **High temperature ( $\geq 38^{\circ}\text{C}$ )** – Child must be fever-free for at least 24 hours without the use of medication.
  - **Sickness/Diarrhoea** – Minimum 48 hours after the final episode.
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#### Procedure if a Child Becomes Unwell at Nursery

- **Mild fever ( $< 38^{\circ}\text{C}$ )** – If parental permission is recorded on Family, staff may administer the correct dose of paracetamol. Parents will be contacted. If the child remains comfortable and active, their temperature will be checked again after 20 minutes. If normal, they may remain. If distressed, parents must collect them.
- **High temperature ( $\geq 38^{\circ}\text{C}$ )** – As above, without the waiting period for collection.
- **Sickness/Diarrhoea** – Child must be supervised away from others and collected immediately.
- **Suspected contagious illness** – Child will be supervised separately until collection.

The **nursery manager (or representative)** reserves the right to refuse entry or send a child home if they are deemed too unwell to attend.

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#### Returning to Nursery

Children may return when:

- They are well in themselves.
  - They no longer need medication for pain or fever control.
  - Exclusion periods (see table below) have been followed.
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#### Medication Administration

Staff can administer prescribed medication if:

- Permission is given via a daily **Medicine Form**.
- Medication is in its **original container** with:
  - Child's name
  - Date of birth
  - Dosage
  - Prescription date
- Staff will record:
  - Time of last dose given
  - Time due in nursery
- Parents must sign before leaving and again upon collection to confirm details.

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## Chronic Illnesses

- A **care plan** will be created for children with chronic conditions. This will include: diagnosis, medication, symptoms, and emergency action.
- Care plans are reviewed termly or sooner if there are changes.
- If specialist medication/equipment (e.g., epipen) is required, specialist training will be sourced.

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## Exclusion Periods (Minimum Guidance)

Illness	Exclusion Period
Diarrhoea & vomiting	48 hours after last episode
Cold/flu-like illness	Until fever-free & well enough to participate
COVID-19	As per current national guidance
Chickenpox	5 days from rash onset <b>and</b> blisters must be crusted
Impetigo	Until sores are healed <b>or</b> 48 hours after antibiotics
Measles	1 week after rash appears
Mumps	1 week after swelling begins
Scarlet fever	48 hours after antibiotics begin
Whooping cough	48 hours after antibiotics begin
Hand, foot & mouth	After blisters have disappeared
Glandular fever	48 hours after treatment begins
Head lice	None, but entry refused if not being treated
Conjunctivitis	48 hours after treatment begins or when infection clears

### Note:

- These are **minimum exclusion times**. Children must also be fully well before returning.
- Bizzie Lizzies reserves the right to extend exclusion if staff/children are at higher risk (e.g., expectant mothers, medically vulnerable).
- Failure to follow this policy may result in the withdrawal of a child's place.

