



## Sickness and Illness Policy

Setting's Name:	Morning Star Nursery – Eldon Road
Date Last Reviewed:	06 <sup>th</sup> November 2025
Date of Next Review:	06 <sup>th</sup> November 2026

Morning Star is a 'well' Nursery facility. This means that children who are ill should not be brought into the nursery. The day is too demanding for a sick child and they may be more prone to infections and communicable diseases. An ill child also places other children and staff at risk. It is been noted that sick children are being left at the Nursery which is something we at Morning Star need parents to ensure their child is well enough to attend the Nursery.

Occasionally throughout the year, head lice may be discovered among our children. Therefore I am writing this note to make you aware of this possibility and also to ask you to check your own children before you bring them to the Nursery, especially if you suspect they may have head lice.

If you are not sure how to check for head lice or how to treat it, I recommend you go online to search for information. There are many websites which discuss the topic. You also might consider consulting with your family Doctor if you do not have internet access. If you need help checking your child, please let us know and we will do what we can to help.

We discover that specific children have head lice while at Nursery, we will ask that their parents come get them so as to minimize exposure to others. We do not do this as punishment or to embarrass you and your children. Rather, we want to help everyone get the best possible assistance so that the children may return to Nursery right away. We want you here!

We realize that this can be a sensitive topic for both parents and children. However, I assure you we are all in this together. Having head lice affect your family doesn't mean you have done something wrong. It is simply one of those unfortunate trials we occasionally face whilst attending Nursery.

**When children should not be brought to the nursery**

- Children should not be brought in if they are generally unwell or if they are suffering from the following:
- Conjunctivitis (weeping, sticky and red eyes)
- Impetigo (weeping spots, usually around the nose and mouth)
- An above normal temperature, accompanied by sickness and diarrhoea
- German measles, whooping cough, measles, mumps, chicken pox and diseases affecting the hand, foot and mouth.
- Head lice they must be sent home immediately as they are passed on through head to head contact. Young children exacerbate the problem being naturally very tactile and playing in close proximity.

If you have any questions please feel free to pop into the office and have a chat. Please see attached signs when to not bring your child to Nursery.

## Appendix 1

Condition	This disease is spread by	Early Symptoms	Time between exposure and sickness	Exclusion from school, early childhood centre, or work*
<b>Rashes and skin infections</b>				
<b>Chickenpox</b> 	Coughing, sneezing and contact with weeping blisters.	Fever and spots with a blister on top of each spot.	10–21 days after being exposed	1 week from appearance of rash, or until all blisters have dried.
<b>Hand, foot and mouth disease</b>	Coughing, sneezing, and poor hand washing.	Fever, flu-like symptoms – rash on soles and palms and in the mouth.	3–5 days	Exclude until blisters have dried. If blisters able to be covered, and child feeling well, they will not need to be excluded.
<b>Head lice (Nits)</b>	Direct contact with an infested person's hair.	Itchy scalp, especially behind ears. Occasionally scalp infections that require treatment may develop.	N/A	None, but ECC/school should be informed. Treatment recommended to kill eggs and lice.
<b>Measles</b> 	Coughing and sneezing. Direct contact with an infected person. Highly infectious.	Runny nose and eyes, cough and fever, followed a few days later by a rash.	7–18 days	5 days after the appearance of rash. Non-immune contacts of a case may be excluded.
<b>Ringworm</b>	Contact with infected skin, bedding and clothing.	Flat, ring-shaped rash.	4–6 weeks	None, but skin contact should be avoided.
<b>Rubella (German Measles)</b> 	Coughing and sneezing. Also direct contact with an infected person.	Fever, swollen neck glands and a rash on the face, scalp and body.	14–23 days	Until well and for 7 days from appearance of rash.
<b>Scabies</b>	Contact with infected skin, bedding and clothing.	Itchy rash.	4–6 weeks (but if had scabies before it may develop within 1–4 days)	Exclude until the day after appropriate treatment.
<b>School sores (Impetigo)</b>	Direct contact with infected sores.	Blisters on the body which burst and turn into scabby sores.	Variable	Until sores have dried up or 24 hours after antibiotic treatment has started.
<b>Slapped cheek (Human parvovirus infection)</b> 	Coughing and sneezing. The virus may be passed from mother to child during pregnancy.	Red cheeks and lace-like rash on body.	4–20 days	Unnecessary unless unwell.