

Sickness and Illness Policy

Coldstream ELC

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Date: September 2024

Review Dates: January 2026

Our policy aligns with **national guidance, Care Inspectorate requirements, and SBC procedures**, ensuring the health, safety, and welfare of all children and staff.

Aim

To ensure that:

- If a child becomes unwell during an ELC session, parents/carers are contacted **immediately**.
 - Children are cared for in a **quiet, calm area** while waiting to be collected.
 - Children who are unwell **do not attend** ELC.
 - Any medical emergencies are addressed promptly, following the **Emergency Medical Procedure Policy** and calling **999** if required.
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Attendance Guidance

1. Unwell Children

- Children must **not attend ELC if unwell**.
- The Early Years Officer (EYO) may **refuse admission** if a child is deemed unwell.

2. Infectious Diseases

- Children with infectious illnesses must **observe exclusion periods** as advised by the local Health Protection Team (HPT).
- Contagious conditions (e.g., diarrhoea, vomiting, chickenpox) are excluded to **protect other children**.

3. Cleaning and Infection Control

- All surfaces, toys, and equipment in contact with contagious children are **thoroughly cleaned and disinfected**.
- Staff follow **current public health guidance**, including COVID-19 procedures if symptoms are present.

4. Head Lice

- Parents are asked to **regularly check children's hair**.

- If head lice are found, parents should **inform the ELC** so other families can check their children.

5. Meningitis

- Parents must inform ELC if a child is diagnosed with meningitis.
- The EYO will contact the **Infection Control Nurse** and the **Care Inspectorate** for guidance.

6. Notification of Absence

- Parents must **call or message the school/Showbie** if a child will not attend.
- Accurate contact details must be maintained.
- ELC will attempt to contact parents using all emergency contacts if a child's absence is unexplained.

Exclusion Criteria

Recommended exclusion periods for common illnesses:

Condition	Exclusion Period / Guidance
Diarrhoea & Vomiting	48 hours after last episode
Coughs / Colds	Until recovered; mild symptoms alone do not require exclusion
Flu / Influenza	Until recovered; severe infection may require longer exclusion
Tuberculosis (TB)	Consult local HPT
Whooping Cough (Pertussis)	5 days from starting antibiotics, or 21 days from onset if untreated
Chickenpox	5 days from onset of rash; pregnant staff should seek GP advice
Measles	4 days from onset; consult HPT; MMR vaccination prevention
German Measles (Rubella)	6 days from onset; pregnant staff seek GP advice
Mumps	5 days from onset; MMR vaccination prevention
Scarlet Fever	24 hours after starting antibiotics
Impetigo	Until lesions crusted/healed or 48 hours after antibiotics
Conjunctivitis	None; inform HPT if outbreak occurs
Head Lice	None; treatment recommended if live lice present

Condition	Exclusion Period / Guidance
Scabies	After first treatment; repeat 1 week later; treat close contacts
Hand, Foot & Mouth	None; consult HPT if outbreak
Shingles	Exclude only if rash is weeping/uncoverable; pregnant staff seek GP advice
Hepatitis A	Exclude 7 days after onset of jaundice (or 7 days post-symptoms); consult HPT
Hepatitis B / C	None; blood-borne, not casual contact
Meningococcal Meningitis	Until recovered; HPT provides advice; siblings need not be excluded
Other Viral Meningitis	Until recovered; mild illness; siblings need not be excluded
Threadworms	None; treatment required for child and household contacts

For less common infections such as Cryptosporidiosis, E. coli O157, Shigella, Enteric Fever, or outbreaks, **consult the local HPT for exclusion periods and management.**

Infection Control

- Staff follow **SBC infection control procedures** and **public health guidance**.
- Equipment and resources are **cleaned and disinfected** after contact with ill children.
- Handwashing and hygiene are reinforced for all children and staff.

COVID-19 Guidance

- Current Scottish Government and SBC guidance will be followed for **symptomatic children**.
- Children should **not attend** if exhibiting COVID-19 symptoms.
- Isolation and return-to-setting periods will follow **public health advice**.

Responsibilities

Parents / Carers:

- Keep children at home if unwell.
- Inform ELC of absence and reason.
- Maintain accurate contact information.

- Follow guidance on exclusion periods and return to ELC.

Staff:

- Monitor children for signs of illness.
- Contact parents promptly if a child becomes unwell.
- Provide a **calm, quiet space** for unwell children.
- Follow infection control procedures and document any illness.

Early Years Officer (EYO):

- Decide on **admission/refusal** based on health status.
- Contact **999** in medical emergencies.
- Liaise with HPT and Care Inspectorate when required.

References

- Health Protection Scotland
- [Care Inspectorate Infection Control Guidance](#)
- [SBC ELC Guidance & Policies](#)
- National Health and Social Care Standards (NHSC Standards 3.14, 3.15, 3.20)
- Scottish Government: *Infection Prevention & Control in Early Learning and Childcare Settings, 2025*

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