



Sickness and Illness Procedure

February 2025

At YMCA Childcare we promote the good health of all children attending including oral health. To help keep children healthy and minimise infection, we do not expect children to attend the setting if they are unwell. If a child is unwell, it is in their best interest to be in a home environment with adults they know well, rather than at the setting with their peers.

To keep the children in our care as healthy as possible we:

- Ask parents to keep children at home if they are unwell. If a child is unwell, it is in their best interest to be in a home environment rather than at nursery with their peers.
- Ask staff and other visitors not to attend the setting if they are unwell
- Help children to keep healthy by providing balanced and nutritious snacks, meals and drinks
- Minimise infection through our rigorous cleaning and hand washing processes (**see infection control policy**) Ensuring children have regular access to the outdoors and having good ventilation inside
- Share information with parents about the importance of the vaccination programme for young children to help protect them and the wider society from communicable diseases
- Share information from the Department of Health that all children aged 6 months – 5 years should take a daily vitamin
- Have areas for rest and sleep, where required, and share information about the importance of sleep and how many hours young children should be having.

Our procedures

In order to take appropriate care of children who become ill and to minimise the spread of infection we implement the following procedures:

- If a child becomes ill during the day, we contact their parent(s) and ask them to pick up their child as soon as possible. During this time we care for the child in a quiet, calm area with their key person, wherever possible.
- If a child has a temperature of 38 or above, we will contact the parents to arrange collection.
- Children should be kept off for 24 hours if they have presented with a temperature, to make sure they are fully recovered.
- Any child who has received any form of pain relief medication such as Calpol, Ibuprofen, Nurofen etc within the 24 hour period before attending the setting will be refused entry. This is because the medication can mask temperatures and illnesses which require the child to be at home.
- We follow the guidance given to us by Public Health England (**Health Protection in Schools and other childcare facilities**) and advice from our local health protection unit on exclusion times for specific illnesses, e.g.





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sickness and diarrhoea, measles and chicken pox, to protect other children in the setting

- In the event of an outbreak of Hand, Foot and Mouth within the setting we will take measures to minimise the spread of infection. This will initially be increased Cleaning, handwashing, removal of dressing up items and soft toys etc. Should this not be enough, we reserve the right to exclude children for 7 days from infection, or until all sores have dried out before the child may return to setting.
- Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to the setting until they have been clear for at least 48 hours.
- We inform all parents if there is a contagious infection identified in the setting, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment and resources that may have come into contact with a contagious child to reduce the spread of infection
- We notify Ofsted as soon as is reasonably practical, but in any event within 14 days of the incident of any food poisoning affecting two or more children cared for on the premises
- We exclude all children on antibiotics for the first 48 hours of the course (unless this is part of an ongoing care plan to treat individual medical conditions e.g. asthma and the child is not unwell) This is because it is important that children are not subjected to the rigours of the nursery day, which requires socialising with other children and being part of a group setting, when they have first become ill and require a course of antibiotics
- We have the right to refuse admission to a child who is unwell. This decision will be taken by the manager on duty and is non-negotiable
- We make information/posters about head lice readily available and all parents are requested to regularly check their children's hair. If a parent finds that their child has head lice we would be grateful if they could inform the setting so that other parents can be alerted to check their child's hair.

Meningitis procedure

If a parent informs the setting that their child has meningitis, the Childcare Manager will contact the Local Area Infection Control (IC) Nurse. The IC Nurse will give guidance and support in each individual case. If parents do not inform the setting, we may be contacted directly by the IC Nurse and the appropriate support





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given. We will follow all guidance given and notify any of the appropriate authorities including Ofsted where necessary.

Transporting children to hospital procedure

We will follow the transporting children to hospital procedure in any cases where children may need hospital treatment.

The Childcare Manager/staff member must:

Inform a member of the management team immediately

- Call 999 for an ambulance immediately if the sickness is severe. **DO NOT attempt to transport the sick child in your own vehicle if the illness is severe**
- Follow the instructions from the 999 call handler
- Whilst waiting for the ambulance, contact the parent(s) and arrange to meet them at the hospital
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Arrange for the most appropriate member of staff to accompany the child taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

If a child has an accident that may require hospital treatment but not an ambulance and the setting transports the child to hospital the following procedure will be followed:

- Permission must be given from parents
- Ratio requirements of the setting must continue to be maintained
- The age and height of the child, in regards to whether they need a car seat will be taken into consideration. Following guidance from www.childcarseats.org.uk/types-of-seat/
- Any vehicle being used, and the driver of the vehicle, must be covered by business insurance
- There must be two members of staff present at all times

This policy will be reviewed at least annually in consultation with staff and parents and/or after a significant incident, e.g. serious illness/hospital visit required.





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This policy was reviewed on:	Reviewed by:	Date for next review:
21.02.2025	K. Streater	20.02.2026
Signed on behalf of YMCA Trinity Group:	A.Spence	

