



Little Sprouts Childcare

Grow And Play All Day

Illness Policy

We must consider the Health and Safety of all children and families and therefore insist that parents do not bring their child when they are unwell or infectious.

Please keep your child at home if they:

- Have a fever (a temperature of over 37.5C) or has had one within the last 48 hour period
- Have a persistent cough, shortness of breath, sore throat, swollen glands or earache
- Have an upset stomach, has had diarrhoea and/ or been vomiting within the last 48 hours
- Have severe cold symptoms (such as constant runny nose with green/yellow discharge)
- Have symptoms of a possible communicable disease (these are usually sniffles, reddened eyes, sore throat, headache, abdominal pain or vomiting, or fever)
- Have a rash, especially with a fever or itching
- Have has mumps, measles, chicken pox, pink eye, impetigo, hand foot and mouth, conjunctivitis or any highly contagious condition
- Are feeling generally unwell

If your child is unusually tired, pale, cranky or lost their appetite, and unable to participate in the normal routine, they will be more comfortable in their own home with you.

If your child becomes ill whilst in my care, I will make him/her as comfortable as possible and try to isolate him/her from the other children if I feel this is necessary. I will contact you and continue to care and reassure your child until you arrive.

I follow advice from Public health Wales and if a child is found to be suffering from a notifiable disease (as identified by Public Health Infectious Diseases Regulations 1988) I will inform Public health and the Health and Safety Executive. I will then act on any advice.

If I or my own children are poorly I will contact you to inform you of the nature of the illness and if I am able to work. This then allows you to make an informed decision as to whether you wish to bring your child or not.

Children may return to care once they are well enough to fully participate in all activities and have been symptom-free for the required time.

If you child starts a new prescribed medication, we require a 24 hour period at home to rule out risk of allergic reactions.

If you are ever unsure whether your child should attend, please don't hesitate to reach out for guidance *before* arrival.

We request that children are not given Calpol before arrival as this masks symptoms that are contagious. If they are unwell enough for Calpol then they are not well enough to come in.

Is my child well enough to attend today?



Red Light – Please Keep at Home

Fever (100°F / 37.8°C or higher)

Vomiting or diarrhoea (must stay home 48 hrs after last episode)

Persistent cough, wheezing, or difficulty breathing

Severe cold / flu like symptoms (constant runny nose with yellow/green mucus)

Unusual tiredness, clinginess, or irritability

Rash, uncovered sores, or eye infection



Amber Light – Monitor Closely

Fever-free for at least 24 hrs (without medication)

Mild cough or occasional symptoms

Minimal yellow/green runny nose

(Parents may be asked to collect within 30 minutes if child becomes unwell)



Green Light – Good to Go!

Mild, infrequent cough

Clear runny nose

Active, playful, and well rested



If in doubt, please keep your child at home and try again in 24 hours.

If you have any concerns regarding this policy, please do not hesitate to discuss them with me.

This policy was adopted on

14/08/2023

Signed

L-J Broome

Date of review

September 2026