



MELISSA'S CHILDCARE

Illness and Infection Control Procedures

As an early year's provider, I am committed to promoting children's health, protecting them from illness and infection, and responding promptly if a child becomes unwell. I have also planned for scenarios where I may be unwell myself.

Promoting Good Health (EYFS Requirement 3.44)

EYFS states: *"The provider must promote the good health of children attending the setting. They must have a procedure, discussed with parents and/or carers, for responding to children who are ill or infectious, take necessary steps to prevent the spread of infection, and take appropriate action if children are ill."*

Preventing the Spread of Infection

I follow strict hygiene and infection control procedures to minimise the risk of illness:

- Tissues, hand wipes, and a lidded bin are provided to promote good hygiene. Younger children are supported with nose wiping and encouraged to blow their noses.
- Bodily fluids are cleaned up immediately using disposable cloths and anti-bacterial spray. Children are changed promptly, and soiled clothing is double-bagged and placed outside for parental collection.
- Parents are asked not to bring their child if they are unwell or unable to participate in normal daily activities.
- Children with vomiting or diarrhoea must be excluded for 48 hours from the last episode.
- A child is considered well enough to return when they can eat, drink, play, and sleep as normal.
- Children with notifiable diseases, highly infectious conditions, or those starting a new course of antibiotics (first 48 hours) will be excluded.
- Please do not request doorstep assessments. If your child is unwell, contact me by phone before arriving.

If a Child Becomes Unwell While in My Care

If a child becomes ill during the day:

- I will allow them to rest or sleep and isolate them if needed.
- First aid and/or medication (with prior written parental consent) will be administered as necessary.
- I will follow hygiene practices to prevent cross-contamination.
- I will contact the child's parent(s) or, if unavailable, their listed emergency contacts.
- If required, I may contact NHS 111, the child's GP, or emergency services (999/112).
- I may complete an Illness Record Form to document the incident.
- In the event of serious illness requiring emergency care, an ambulance will be called. Due to my responsibility for other children, I may not be able to accompany the child to hospital.



Confidentiality will be maintained wherever possible. In cases of infectious illness, I will notify other parents only where there is a risk of transmission, following best practice and public health advice.

Infection or Illness During Outings

If a child becomes unwell while on an outing:

- I will comfort and care for the child and contact parents/emergency contacts to meet us if needed.
- If urgent care is required, I will follow emergency service advice and call 999.
- If I need to accompany a child or receive emergency care myself, I will arrange emergency cover for the remaining children and notify parents as soon as possible.

If I Am Ill or Infectious

Should I become unwell:

- I will contact parents immediately to arrange collection of their child.
- In an emergency, I will contact emergency services and a designated back-up carer if needed.
- While on outings, I carry Emergency Contact Information for every child in case I am unable to communicate.

Reporting Notifiable Diseases

- It is the GP's responsibility to notify the Local Authority of any notifiable diseases.
- I am responsible for notifying Ofsted and following guidance from the UK Health Security Agency (UKHSA – formerly HPA).
- I may be advised to inform other parents, take additional precautions, or temporarily close my setting if necessary for health and safety reasons.

Exclusion Periods for Common Illnesses

Condition	Exclusion Period
Chickenpox	5 days from rash onset and lesions crusted over
Conjunctivitis	Until eyes are no longer swollen, itchy, or discharging
COVID-19	Exclude if unwell or with high temperature; 3 days after positive test
Croup	3 days or until symptoms resolve
Diarrhoea/Vomiting	48 hours after last symptoms
Flu	Until fully recovered
Hand, Foot & Mouth	5 days from rash onset and lesions crusted over
Impetigo	Until lesions are healed/crusted or 48 hours after antibiotics
Measles	4 days from rash onset and fully recovered
Mumps	4 days from onset of swelling
Ringworm	24 hours after treatment begins
Scarlet Fever	24 hours after antibiotics and if well enough to attend
Scabies	Can return after first treatment



Condition

Whooping Cough

Rubella (German
Measles)

Head Lice

Exclusion Period

48 hours after antibiotics or 21 days from symptom onset if
untreated

4 days from rash onset

Excluded until treatment begins

