St Augustine's Nursery

Sickness Policy

Managing children who are sick, infectious, suffer with allergies or have more complex medical conditions.

At St Augustine's Nursery, your child's health and wellbeing is very important to us. This guide explains, in clear and simple terms, what happens if your child becomes unwell, when children should stay at home and how we manage allergies and medication.

When Your Child Is Unwell at Nursery

If your child becomes unwell while at nursery:

- We will contact you straight away
- You will be asked to collect your child as soon as possible
- Your child will be cared for comfortably and supervised until you arrive

If your child has a temperature, we will:

- Removing their top clothing
- Encourage to drink plenty of fluids
- Use gentle cooling methods if needed such as a using a flannel

Use of Calpol or Nurofen

Sometimes, in exceptional circumstances, we may give one dose of Calpol or Nurofen to help reduce a high temperature or mild pain.

This will only happen if:

- You have given written consent
- We contact you for verbal consent
- The correct dose is given according to your child's age

You will be kept informed and you will need to collect your child from the setting.

In an Emergency

If your child needs urgent medical attention:

- We will call the emergency services
- Your child may be taken to the nearest hospital
- We will tell you where they are so you can meet us there

If we cannot reach you immediately, we will act in your child's best interests using the emergency consent you have provided.

When Can My Child Return to Nursery?

To help stop illness spreading, please keep your child at home if they are unwell.
Your child can return to nursery when:

- They have been vomit and/or diarrhoea-free for 48 hours
- They have had 48 hours of antibiotics
- They have been temperature-free for 24 hours without medication
- They are well enough to take part in nursery activities

If you are unsure, please speak to us or seek advice from your own GP.

Infectious, Notifiable Illnesses and Excludable Conditions

The nursery follows UKHSA guidance for managing infectious diseases in childcare settings:

- Parents/carers must inform the nursery if their child has a notifiable disease
- Exclusion periods will follow current UKHSA guidance
- The nursery manager **Veronique Morceau** will notify Ofsted and follow advice from the local Health Protection Team where required

Responsibility for reporting notifiable diseases to the UKHSA lies with medical professionals.

Infection Control and Blood-Borne Viruses (Including HIV & Hepatitis)

The nursery follows universal hygiene precautions at all times:

- Disposable single use gloves and aprons are worn when dealing with bodily fluids

- Soiled clothing is rinsed, bagged and returned to parents/carers
- Surfaces, furniture and equipment are cleaned using appropriate disinfectant
- Cleaning materials used for bodily fluids are disposed of safely

These procedures apply equally regardless of known or unknown medical status.

Allergies

We take allergies very seriously.

When your child starts nursery, we will ask you to tell us about any allergies. For children with allergies:

- An individual care plan will be put in place
- Staff will be trained to recognise symptoms and give medication, if needed
- Emergency medication (such as EpiPens) must be provided and kept in date

We operate a no nuts or nut products policy to help keep all children safe.

Insurance Requirements

Children with allergies are covered under the nursery's insurance policy.

Where a child has a life-threatening medical condition or requires invasive treatment:

- Written medical confirmation and consent will be required
- Relevant documentation will be submitted to the nursery's insurance provider
- Written confirmation of insurance cover will be obtained prior to care commencing

Medication at Nursery

Administering Prescribed and Emergency Medication

- Medication will only be administered to children who are well enough to attend nursery

Oral Medication (e.g. inhalers)

- Must be prescribed and/or have manufacturer's instructions
- Clear written instructions and parental consent are required
- Medication is stored and administered in accordance with risk assessments

Life-Saving or Invasive Treatments

Includes:

- Adrenaline auto-injectors (EpiPens)
- Emergency Epilepsy medication (rectal administration of Diazepam)

We must be provided with:

- A letter from your child's GP/consultant stating the condition and what medication, if any, is to be administered;
- Signed, written consent from you (parent/guardian) allowing Nursery staff to administer medication; and
- proof of training in the administration of such medication by the child's GP, a district nurse, children's nurse specialist or a community paediatric nurse.

We will send all three letters to the Early Years Alliance Insurance Department for appraisal. Written confirmation that the insurance has been extended will be issued by return.

Children with Complex Medical Needs

For children requiring medical devices or ongoing support (e.g. feeding tubes, breathing equipment & colostomy bags):

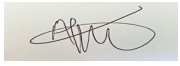
- A named Key Person will be identified and appropriate medical training will be provided, including appropriate instructions from parents or guardians, or those who have qualifications.
- Individual care plans will be followed at all times with written consent from you (parent/guardian) to give treatment and/or medication prescribed by your child's GP.

We will send all letters and relevant documents to the Early Years Alliance Insurance Department for appraisal. Written confirmation that the insurance has been extended will be issued by return.

Legal Framework and Guidance

This policy is based on:

- Statutory Framework for the Early Years Foundation Stage (DfE 2024)
- Health Protection in Children and Young People Settings (UKHSA)
- Children Act 1989 and 2004
- Working Together to Safeguard Children
- Ofsted safeguarding and welfare requirements

This policy was adopted at a meeting of	**St. Augustine's Nursery**
Held on (date)	27/01/26
Signed on behalf of the Management Committee/Proprietor	 Abbie White (Feb 8, 2026, 4:00pm)
Role of signatory (e.g. chairperson etc.)	Acting Chair - Abbie White

Signable

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