

Safeguarding and Welfare Requirement: Health

Managing children who are sick, infectious, or with allergies

Policy statement

We are committed to promoting the health and wellbeing of all children in our care. We aim to:

- Prevent the spread of infection through robust hygiene, exclusion and reporting procedures.
- Respond promptly and safely to illness or allergic reactions.
- Ensure the needs of children with allergies or medical conditions are fully understood, recorded, and managed safely.
- Work in partnership with parents, health professionals and Public Health authorities.

This policy aligns with:

- EYFS Statutory Framework (2024/25 Safeguarding & Welfare Requirements)
- UK Health Security Agency (UKHSA) Health Protection in Education & Childcare Settings
- Health Protection (Notification) Regulations 2010
- Ofsted 2025 inspection expectations

Procedures for children who are sick or infectious

Recognising Illness

- Children who are unwell must not attend the setting. Symptoms include:
- Fever/temperature
- Vomiting or diarrhoea
- General unwellness, rash, headache, stomach pains, or signs of possible infection
- Behaviour out of character due to illness

If a Child Becomes Unwell at the Setting

- A senior member of staff assesses the child and removes them from group play to rest in a quiet, supervised area.
- Parents/carers are phoned immediately and must collect their child promptly.
- An emergency contact will be called if parents cannot be reached.

Temperature Management

- Children with a high temperature will be kept comfortable, with excess clothing removed.
- We follow safe temperature-taking methods (digital thermometer).
- Calpol or similar medication is ONLY administered if:
- Written parental consent is already on file, and
- The child's temperature is dangerously high,
- AND parents are on their way to collect the child.
- All administration is fully recorded.

In an Emergency

- If a child deteriorates rapidly, we call 999 immediately.
- Parents are contacted and informed.

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- Administration Record (Pre-school Learning Alliance 2013)

Exclusion Periods

To minimise cross-infection:

- Vomiting or diarrhoea - children must remain at home for 48 hours after the last episode.
- Antibiotics for infectious illness - children must stay home for a minimum of 48 hours after starting antibiotics (unless a doctor confirms non-infectious).
- Rashes or suspected contagious illness - parents must seek medical advice before return.
- We follow all UKHSA exclusion guidelines.

Certain activities such as shared sensory play (sand, water, playdough) may be temporarily suspended during outbreaks.

Reporting Notifiable Diseases

Some conditions require formal reporting to Public Health authorities.

- The child's GP notifies UKHSA of any notifiable disease.
- When we become aware of a diagnosis, the Manager:
- Contacts UKHSA London,
- Acts on any advice given (including possible temporary exclusions),
- Notifies Ofsted within 14 days if two or more children have confirmed food poisoning or if UKHSA advises closure or specific action.

Nits and Head Lice

- Head lice are not normally a reason for exclusion.
- Parents are informed promptly and expected to treat their child before their next attendance.
- If infestation is severe or persistent, we may request temporary absence until effective treatment has begun.

Procedures for Children With Allergies

Initial Identification

- On registration, parents must disclose all known allergies or intolerances.
- A detailed Allergy Risk Assessment / Health Care Plan is completed, including:
- Identified allergen(s)
- Nature of the child's reaction
- Required medication
- Emergency procedures
- Prevention and control measures
- Review schedule (at least annually or sooner if needs change)

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Visibility and Accessibility

- Health Care Plans are:
- Stored securely in the child's file,
- Displayed in staff areas where all practitioners can see allergy alerts,
- Shared with all staff, including temporary and agency workers.

Food Management & Prevention

- We operate a strict no-nut policy.
- Parents are regularly reminded not to include nut products in lunchboxes or party food.
- Staff follow food hygiene and cross-contamination prevention procedures at all times.

Medication & Insurance Requirements

General Principles

- All medication administration follows EYFS statutory requirements.
- We only administer prescribed medication or medication with clear manufacturer's instructions.
- Written parental consent is required for ALL medication.
- Medication is stored securely but easily accessible in an emergency.
- Medication is taken on outings.

Oral Medication

Includes inhalers.

- Must be clearly labelled and prescribed or contain manufacturer's directions.
- Staff receive appropriate training if required.

Life-Saving Medication / Invasive Treatment

Includes EpiPens, Jext pens, Buccal Midazolam, rectal Diazepam, etc.

We require:

- A letter from a GP/consultant confirming diagnosis and medication requirements.
- Written parental consent.
- Evidence that staff have received appropriate training from a medical professional (e.g., community nurse).

Where required, insurance extensions will be confirmed before the child starts or before medication is administered.

Children with Complex Medical Needs (e.g., feeding tubes, oxygen, stoma care)

- The key person must have relevant training and feel competent.
- Written instructions must be provided by the parent and medical professional.
- Insurance extension must be confirmed before care begins.

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Partnership with Parents

We work closely with parents to:

- Share information about symptoms, allergies, medication and health changes.
- Review health care plans annually or sooner if needed.
- Encourage honest communication about illness to keep all children safe.

Record Keeping

We maintain accurate records of:

- Illnesses and incident logs
- Medication administration
- Allergy Management Plans
- Staff training certificates
- Medical/emergency contact information

Staff Training

All staff receive ongoing training in:

- Recognising signs of illness
- Infection prevention
- Managing allergies and anaphylaxis
- Administering medication safely
- Following emergency procedures
- Reporting to UKHSA/Ofsted

This ensures compliance with Ofsted expectations for safeguarding and health management.