

Recommended Periods of Exclusion due to Illness - September 2021

Please ensure your emergency contact numbers are kept up-to-date

Pathways reserves the right to contact parents and request for children to be collected within 30 minutes if a child appears to be unwell in any way.

[Chapter 9: managing specific infectious diseases - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Please call the office or ask your branch manager for a call back for clarification relating to any concerns about your child's health or attendance

Note: Please do not bring your child to nursery if they are unwell, or if they are on antibiotics until 48 hours from starting the course.

	Recommended period of exclusion	Comments - See NHS for accurate information Correct at time of writing
HIGH TEMPERATURE OR FEVER	Minimum of 48 hours fever free	Without use of temperature reducing medication. (Exception may be possible for Teething)
CONJUNCTIVITIS	Until discharge from eyes has ceased	Sticky or sore eyes
DIARRHOEA/VOMITING	Minimum of 48 hours from the last episode	Loose stools, unable to digest food, sickness and nausea DO NOT BRING CHILDREN IN WITH UPSET TUMMIES
TONSILITIS	None (if child is well)	Sore throat, hoarse
IMPETIGO	Until lesions are crusted and healed, or 48 hours after commencement of antibiotic treatment	Sores usually on face, ooze and crust
SLAPPED CHEEK (parvovirus B19)	None, once rash is developed, (if child is well)	High temperature, runny nose, sore throat
HAND FOOT AND MOUTH (HMFD Coxsackie A16 virus)	None, (if child is well)	Red rash palms, possibly buttocks, feet and inside or around the mouth area, temperature, lack of appetite
COLD SORES	5 days <i>or</i> until all lesions crusted	Starts with tingling and develops into blisters around mouth/ lips areas
RINGWORM	24 hours after treatment has started	Contagious fungal infection. Dry scaly or itch red or silver rash, may be round
HEADLICE	After treatment has been administered	Itchy scalp or neck, lice or eggs in hair, small red bumps on scalp
FLU (INFLUENZA)	Until recovered and fit to participate	Chills and shakes along with the fever, and vomiting and belly pain. Other symptoms include a dry, hacking cough, sore throat, body aches and pain, and extreme tiredness
NOTIFIABLE DISEASES		

<p>COVID-19* (Coronavirus Symptoms)</p> <p>PCR Test taken within 48 hours of onset of persistent symptoms</p> <p><i>Tested children or vaccinated adults do not have to complete the previous 10 days isolation, but our policy is to protect your child, or staff and other children by excluding symptomatic children for 48 hours minimum, any child with suspected COVID-19. (or longer if still awaiting PCR test result)</i></p>	<p>Isolate immediately, advised to take a PCR test within 48 hours, stay at home for 48 hours.</p> <p>Return subject to providing written evidence of a negative PCR test result, and following a minimum of 48 hours self-isolation.</p> <p>This is provided there has been no sign of fever for 48 hours and child is feeling well.</p>	<p>COVID-19 symptoms: New, continuous cough OR high temperature OR loss/change in sense of taste or smell.</p> <p><u>Other possible COVID-19 symptoms include: tiredness, shortness of breath, headache, sore throat, muscle ache, blocked/runny nose diarrhoea and vomiting.</u></p>
<p>No PCR test taken within 48 hours of onset of symptoms</p>	<p>Self-isolate for 10 days, from onset of symptoms.</p>	<p>Unvaccinated adults will need to isolate as instructed by NHS</p>
<p>COVID-19* (Coronavirus)</p> <p>Child is identified as a close contact of a positive case e.g. household</p>	<p>As above but continue rapid flow test twice weekly for 10 days.</p>	<p>Unvaccinated adults will need to isolate as instructed by NHS even if contact tests negative</p>
<p>SCARLET FEVER*</p>	<p>48 hours after starting antibiotic treatment</p> <p>If no antibiotics have been administered the person will be infectious for 2 to 3 weeks. If there is an outbreak of scarlet fever at the school or nursery, the HPT will assist with letters and factsheet to send to parents or carers and staff.</p>	<p>Red rash that starts on the face or neck and spread onto arms, trunk and legs; red lines around knees, groin, armpit and elbows; flushed face; strawberry tongue (white tongue with red spots)</p>
<p>MUMPS*</p>	<p>5 days after onset of swelling</p>	<p>Headache, aches, loss of appetite, tiredness, earache, jawline swelling</p>
<p>MEASLES*</p>	<p>5 days from onset of rash</p>	<p>Cough, fever, sneeze, red eyes, rashes</p>
<p>RUBELLA*</p>	<p>5 days from onset of rash</p>	<p>Rash that appears on the face, spreads downward to the rest of the body, mild fever or malaise headache, enlarged neck lymph nodes, eye redness, runny nose joint pain</p>
<p>WHOOPIING COUGH*</p>	<p>5 days from commencing antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment</p>	<p>Bouts usually last a few minutes at a time and tend to be more common at night. Coughing usually brings up thick mucus and may be followed by vomiting. Between coughs, you or your child may gasp for breath – this may cause a "whoop" sound, although not everyone has this</p>
<p>CHICKENPOX* (Varicella Zoster Virus)</p>	<p>Usually. five to seven days from the onset of rash or until all vesicles have crusted over</p>	<p>Highly contagious disease results in a characteristic skin rash that forms small, itchy blisters, which eventually</p>

		scab over. Usually starts on the chest, back, and face. It then spreads to the rest of the body. Other symptoms may include fever, tiredness, and headaches
SHINGLES*	Usually five to seven days from the onset of rash or until all vesicles have crusted over	Red sores, itchy rash, dull burning pain, fever and chills
HEPATITIS A*	Exclude until seven days after onset of jaundice (or seven days after symptom onset if no jaundice)	Include mild fever, gastro-intestinal upset, nausea/vomiting, diarrhoea and abdominal pain, tiredness, temperature.... Jaundice may also occur
HEPATITIS B* C* HIV	None	May include dark urine or pale bowel movements Fatigue and weakness Fever Loss of appetite, nausea, and vomiting Jaundice (yellow skin or eyes), itchy skin, or skin rash Joint pain and body aches Pain in the right upper side of the abdomen
MENINGOCOCCAL MENINGITIS/BACTERIAL/ SEPTICAEMIA* MENINGITIS - VIRAL*	Until recovered None	High temperature, severe headache, vomiting, stiff neck, aversion to light, drowsiness, commonly known symptom of meningitis distinctive rash, although this does not affect everyone and may not be visible when the other symptoms develop. If a rash develops, it is important to use a glass to press on the rash – if it does not fade, immediate medical help should be sought

* Denotes a notifiable disease

Any other infectious or contagious conditions: until pronounced by medical practitioner to be free from infection. (Pathways 2021)

Note:

PATHWAYS WILL NOT ROUTINELY ADMINISTER NON-PRESCRIBED MEDICINES OR CREAMS EXCEPT IN EXCEPTIONAL CIRCUMSTANCES AND MUST HAVE WRITTEN PERMISSION.

CALPOL IS NOT NORMALLY ADMINISTERED BUT EXCEPTIONALLY IN THE CASE OF CORONAVIRUS OR A NOTIFIABLE DISEASE IT MAY BE ADMINISTERED, BY AN AUTHORISED MEMBER OF STAFF, TO REDUCE TEMPERATURE WITH PHONE PERMISSION AND PROVIDED PARENT CONFIRMS IT HAS NOT BEEN ADMINISTERED WITHIN THE PREVIOUS 4 HOURS AT HOME.