



Illness and Infectious Diseases Policy

August 2025

Thrive Holistic Education CIC are aware that incidences of child illness may arise at the setting. Many childhood illnesses are contagious, and we have a responsibility to ensure the Health and wellbeing of all children who attend the setting.

The aim of Thrive is to ensure a safe and clean environment through maintaining the space and the equipment, and putting guidelines in place which allow staff to work safely without risk to themselves, the children or others.

If a child is ill, they should not be brought to Thrive Holistic Education CIC. If a child appears unwell on arrival, the child will not be accepted at the setting. Thrive Holistic Education CIC believes that the best place for an ill child is at home with their parents / carers / guardians. If a child becomes ill whilst at the setting the Code of Practice detailed below will be followed.

Thrive Holistic Education CIC will do everything practicable to avoid spreading disease amongst children and adults at the setting. This includes observing children for signs of contact diseases e.g. chicken pox, mumps, rubella, meningitis, hepatitis, diarrhoea, sickness or temperatures of 101°F/38°C or above and any signs of Covid 19.

Procedure for Responding to an Ill Child

- Thrive Holistic Education CIC will follow Public Health Wales guidelines on exclusion periods for medical reasons.
- If a child develops an illness whilst at the setting a member of staff will contact the parents / carers / guardians and ask them to collect the child as soon as is possible.
- If a member of staff suspects that a child in the care of the setting is suffering from a communicable disease, they must inform the leader at once.
- **If a child has a contagious complaint e.g. diarrhoea or sickness, they must be kept away from the setting for at least 48 hours after the symptoms have stopped.**
- If an incident of a communicable disease occurs at the setting, Thrive Holistic Education CIC will ensure that it shares information about its early symptoms with parents / carers / guardians so that they are able to recognise them and keep their child/children at home and seek appropriate medical advice / treatment as required.
- With respect for the privacy of children and their families, the name[s] of the ill child / children will not be disclosed to other families.

- When an incident of a communicable disease occurs at the setting, all equipment and resources that have, or potentially have come into contact with the child / children will be thoroughly cleaned and sterilised.
- Staff should report any concerns they have about illnesses or injuries amongst the children or others at the setting to the leader.

The reason for a child's absence should be noted on the Recording a Child's Illness Form and is to be kept with the child's registration and medication form.

Covid-19 Guidance

Information from NHS [https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/COVID-19 symptoms and what to do - NHS](https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/COVID-19%20symptoms%20and%20what%20to%20do%20-%20NHS)

COVID-19 symptoms can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu. Most people feel better within a few weeks, but it can take longer to recover. For some people, it can be a more serious illness and their symptoms can last longer.

What to do if you have symptoms of COVID-19

Try to stay at home and avoid contact with other people if you or your child have symptoms and either:

- have a high temperature
- do not feel well enough to go to work, school, childcare, or do your normal activities

You can go back to your normal activities when you feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school or childcare.

If you test positive for COVID-19

Most people do not need to take a [COVID-19 rapid lateral flow test](#) if they have symptoms. But if you choose to do a test and the result is positive:

- try to stay at home and avoid contact with other people for 3 days after the day the test was taken if you or your child are under 18 years old – children and young people tend to be infectious for less time than adults
- try to stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over

- avoid meeting people who are more likely to get seriously ill from infections, such as people with a weakened immune system, for 10 days after the day you took your test

Exclusion periods for contagious illnesses

Working with children means that you are in contact with illnesses which can be highly contagious. We take the health of children and staff very seriously; therefore, if you have any contagious illness you must adhere to the same exclusion periods as children. This will ensure that you are able to recover appropriately and that this illness is not passed on to other staff, children or parents. The manager will advise you of any exclusion times required (see the sickness and illness and infection control policies).

Emergency Procedures

- If a child should need emergency medical treatment, and the setting is unable to contact the parents / carers / guardians or any other emergency contacts, Thrive Holistic Education CIC will make the necessary arrangements to ensure the child's safety.
- Signing the registration form and parent contract gives Thrive Holistic Education CIC permission to authorise any emergency medical treatment that may be necessary. A person with legal parental responsibility must have signed this form.

Staff Illnesses

Notifiable diseases must be diagnosed by a Doctor. Staff must provide the diagnosis in writing. If a member of staff informs you that they are suffering from a work-related illness or diagnosed reportable disease, then you must inform the Health and Safety Executive. A full list of notifiable diseases is available on the Public Health Wales website here:

<http://www.wales.nhs.uk/sites3/page.cfm?orgid=457&pid=48544>

Notifiable diseases include:

- Some poisons/toxins.
- Botulism
- Encephalitis (acute)
- Enteric fever (typhoid or paratyphoid fever)
- Food poisoning
- Infectious bloody diarrhoea
- Infectious hepatitis (acute)
- Invasive group A streptococcal disease and scarlet fever
- Legionnaires' Disease
- Leprosy
- Malaria
- Measles
- Meningitis (acute)

- Meningococcal septicaemia
- Mumps
- Poliomyelitis (acute)
- Rubella
- SARS
- Tetanus
- Tuberculosis
- Typhus
- Viral haemorrhagic fever (VHF)
- Whooping cough
- Yellow fever

This policy was last reviewed on: 11/08/2025

Signed: *A Jacques-Clare*

Date: 11/08/2025