HAPPY FEET
Nursery & Pre-School

Managing Sickness, Medication & Medical Conditions

Effective from: 1 September 2026

for parents and carers

When should my child stay at home?

Children should not attend nursery if they are unwell, have symptoms of an infectious illness, have a high temperature, or are not well enough to take part comfortably in their normal nursery day.

We follow current UK Health Security Agency (UKHSA) guidance on infection and exclusion periods.

- Diarrhoea or vomiting - children must stay away until at least 48 hours after symptoms have stopped.
- Chickenpox - children must stay away until 5 days after the rash first appears.
- Respiratory infections - mild symptoms such as a runny nose or mild cough do not automatically require exclusion if your child is otherwise well and has no high temperature. More significant symptoms, fever or generally being unwell may mean they need to stay at home.

Some infections have their own exclusion periods. The nursery will apply current UKHSA guidance and any specific advice from health professionals or the Health Protection Team.

Who decides whether my child is well enough to attend?

We understand that deciding whether a child is well enough for nursery is not always straightforward. Our priority is the health, safety and wellbeing of your child, the other children and our staff.

The Nursery Manager, or the person in charge in their absence, may refuse admission or ask for prompt collection if a child is not well enough to attend safely, may present an infection risk, needs more care than can safely be provided within normal nursery staffing, or is unable to take part comfortably in their normal nursery day.

The nursery's decision regarding attendance on that day is final. If you have additional medical information that may help us make that decision, please share it with us.

Medication before nursery - please always tell us

Please tell us about any medication your child has received before coming to nursery, including Calpol/paracetamol, ibuprofen, antibiotics or other medicines. We need to know what was given, when it was given and why.

Medication must not be used to mask symptoms so that a child can attend nursery when they would otherwise be unwell or unfit to attend.

This information is important for your child's safety. If your child becomes unwell or needs treatment while with us, staff need an accurate record of medication already given.

Providing inaccurate or incomplete information about illness, symptoms or medication may result in your child being refused admission or requiring collection. Repeated or serious concerns may lead to a review of the child's place in accordance with our Terms & Conditions.

Medication & Illness Declaration at Drop-Off

At drop-off, parents/carers are required to complete the nursery's medication and illness declaration/sign-in. This confirms whether any medication has been given before attendance and that relevant illness or symptoms have been disclosed.

Please make sure the information you provide is complete and accurate. This helps staff make safe decisions about attendance and prevents accidental repeat doses if medication or emergency treatment is needed later in the day.

If medication, illness or relevant symptoms have not been declared, the nursery may refuse admission or require prompt collection. Repeated or serious failure to provide accurate information may result in a review of the child's place in accordance with our Terms & Conditions.

Diarrhoea, vomiting and unusual stools

Children with diarrhoea and/or vomiting must stay away from nursery until at least 48 hours after symptoms have stopped.

loose, watery or unusually frequent stools that are not normal for your child may be treated as diarrhoea for infection-control purposes. If so, the 48-hour period starts from the last episode.

Colds, respiratory symptoms and coloured nasal discharge

A runny nose or mild cold does not automatically mean your child must stay at home if they are otherwise well.

However, persistent or significant respiratory symptoms - including heavy or coloured nasal discharge together with other signs of illness - may be considered when deciding whether your child is well enough to attend.

New medication and antibiotics

Wherever possible, please give and monitor the first dose of any new medication at home.

Starting antibiotics does not automatically create a standard 48-hour exclusion period. When your child can return will depend on the illness being treated, any applicable UKHSA exclusion period, medical advice and whether your child is well enough to take part normally without medication masking symptoms.

Medication at nursery

If your child needs medication while at nursery:

- Please speak to a member of staff before leaving the medication.
- Medication must be supplied in its original packaging/container with the appropriate instructions.
- Prescription medication must have been prescribed for your child.

- Written parental/carer permission is required for the particular medicine before we administer it.
- Each administration is recorded and parents/carers are informed.

The nursery may decline to administer the first dose of newly prescribed medication unless exceptional circumstances have been agreed with management.

If your child becomes unwell at nursery

We will contact you and ask you to arrange prompt collection if your child becomes unwell, develops symptoms requiring exclusion, may be infectious, or is no longer able to take part comfortably in their normal nursery day.

In a medical emergency we will call 999 and contact parents/carers as soon as possible.

Fees during illness

Fees remain payable when a child is absent because of illness. Refunds, credits or replacement sessions are not provided.

Working together

We know that illness can be difficult for working families. Clear and honest information helps us make safe decisions, reduce the spread of infection and protect children, families and staff.

If you are unsure whether your child should attend, please contact the nursery before bringing them in.

Our full Managing Sickness, Medication & Medical Conditions Policy and current UKHSA exclusion guidance are available on request.