

HEALTH HANDBOOK

Young children can easily pass on infections to one another. We work with families to reduce the spread of infection while ensuring children attend whenever they are well enough to benefit from pre-school.

Our illness and exclusion guidance follows current UK Health Security Agency (UKHSA) advice for early years and education settings. Guidance can change, so where necessary we will follow the most up-to-date public health advice.

1. Illness and Infection

Please contact pre-school if your child is going to be absent because of illness. If your child becomes unwell while at pre-school, we will contact their parent/carer or emergency contact and ask for the child to be collected where appropriate.

Children with mild respiratory symptoms, such as a runny nose, sore throat or slight cough, may attend if they are otherwise well and do not have a high temperature. Children should remain at home if they are too unwell to participate comfortably in the normal pre-school day, including physical and outdoor play.

The following is a parent-friendly summary of common exclusion periods:

- 1.1. **Diarrhoea and/or vomiting:** remain at home until 48 hours after the last episode.
- 1.2. **Chickenpox:** remain at home until 5 days after the first rash appears. Children should also be well enough to return.
- 1.3. **Measles:** remain at home until 4 days after the rash started.
- 1.4. **Rubella (German measles):** remain at home until 5 days after the rash started.
- 1.5. **Mumps:** remain at home until 5 days after the swelling started.
- 1.6. **Whooping cough (pertussis):** remain at home until 48 hours after starting appropriate antibiotic treatment, or 21 days from the onset of illness if no antibiotic treatment is given.
- 1.7. **Scarlet fever / Group A Strep:** remain at home until 24 hours after starting antibiotic treatment.
- 1.8. **Impetigo:** remain at home until all blisters have formed scabs or until 48 hours after starting antibiotic treatment.
- 1.9. **Ringworm:** remain at home until treatment has started.
- 1.10. **Scabies:** for children aged 5 and under, remain at home until 24 hours after the first treatment.
- 1.11. **Flu, COVID-19 and other respiratory infections:** remain at home if symptoms are more than mild, for example if your child has a high temperature. Return when they are well enough and no longer have a temperature.
- 1.12. **Hand, foot and mouth disease:** no routine exclusion is required if the child is otherwise well.
- 1.13. **Conjunctivitis:** no routine exclusion is required. Parents/carers should seek advice from a pharmacist or healthcare professional as appropriate.

1.14. **Head lice:** no routine exclusion is required; treatment is recommended where live lice are found.

For infections not listed above, or where there is an outbreak or individual medical concern, we will follow current UKHSA guidance and seek advice from the appropriate health professionals where required.

2. Medication and Medical Conditions

St Paul's Pre-School welcomes children with medical conditions and will work with parents/carers to support safe participation in pre-school life.

Parents/carers must provide up-to-date information about their child's medical condition, allergies, triggers, medication and emergency procedures. Where appropriate, an individual healthcare or medical plan will be agreed.

Medication will only be administered in accordance with our Administering Medicines Policy and the required parental consent and recording procedures. Prescribed emergency medication, such as reliever inhalers or adrenaline auto-injectors, must be readily available to trained staff where required.

3. First Aid, Accidents and Incidents

Appropriately trained staff provide first aid for minor accidents and injuries during the pre-school session. Parents/carers will be informed of accidents and incidents involving their child, and records are made available through Tapestry in accordance with our procedures.

Parents/carers must ensure emergency contact information is kept up to date. Consent and information required for emergency treatment will be obtained as part of the child's registration arrangements.

4. Emergency Procedure

4.1. Serious accidents or illnesses requiring urgent medical attention will be dealt with in accordance with our emergency procedures.

4.2. One member of staff will remain with and reassure the child.

4.3. The child's parent/carer will be contacted as soon as possible, or if they cannot be reached, the person named as the emergency contact. An ambulance will be called where appropriate.

4.4. Other staff will continue to supervise and care for the remaining children.

4.5. If appropriate, and depending on the nature and urgency of the illness or injury, the child may be taken to Beckenham Beacon, 379 Croydon Road, Beckenham, Kent, BR3 3QL, or another appropriate healthcare setting. In an emergency, staff will call 999 and follow the advice of the ambulance service or other healthcare professionals regarding the most appropriate place for treatment.

Ofsted and other agencies will be notified of serious accidents, injuries or incidents where this is required by the Early Years Foundation Stage and relevant regulations.

5. Preventing the Spread of Infection

We promote good hand and respiratory hygiene and maintain appropriate cleaning, toileting and infection-control procedures. Children are supported to wash and dry their hands properly and to develop good hygiene habits.

Parents/carers should tell us promptly if their child has a diagnosed infectious illness so that we can take any necessary action to protect other children, families and staff, including those who may be particularly vulnerable to infection.

6. Further Information

This Health Prospectus provides a summary for families and should be read alongside our full policies and procedures, including our Administering Medicines, Food and Drink, Safeguarding and Absence Reporting procedures.

Current public health exclusion guidance is published by the UK Health Security Agency (UKHSA). Where public health advice changes, the current UKHSA guidance will take precedence over the summary in this prospectus.

St Paul's Pre-School Team
September 2026