



Little Foresters Crèche COMMUNICABLE DISEASES INFORMATION

No child or member of staff known to be suffering from a communicable disease, or considered too ill to participate in normal play activities, shall be admitted to the group.

If a child is exposed to a communicable disease, it will be our policy to contact the parents/carers in writing; likewise we appreciate the parents/carers cooperation if their child comes down with or is exposed to an infectious disease, so that the appropriate steps can be taken to notify other setting users if necessary.

Exclusion periods – The following conditions apply should your child have any of the following illnesses. Please note that this list is not exhaustive. It includes some common examples of illnesses but other illnesses with exclusion periods will also apply.

Disease	Signs & Symptoms	Incubation period	Exclusion Period
Measles	Misery, high temperature. Heavy cold, with discharging nose and eyes. Later – harsh cough, conjunctivitis, white spots in cheeks, followed by dusky red patchy rash, starting behind the ears and along ears/hairline – spreads to face, trunk and limbs.	10-15 days	4 days from onset of rash
Rubella (German measles)	Slight sore throat, slight fever, enlarged glands behind ears, pain in small joints.	14-21 days	4 days from onset of rash
Chickenpox	Slight fever, starts with red spots with white raised centre on trunk and limbs – very irritating rash.	7-21 days	7 days from onset of rash (all spots must be dry and scabbed over)
Pertussis (Whooping cough)	Heavy cold with fever, followed by spasmodic cough characteristic cough and vomiting.	10-14 days	21 days from onset of cough. If antibiotics are given this may be shorten.
Gastrointestinal	Vomiting, diarrhoea, dehydration.	7-14 days	Until well. 48 hours

Infection	In usual circumstances diarrhoea in a child constitutes 3 or more loose stools.		after diarrhoea and vomiting have stopped.
Tonsillitis	Very sore throat, white patches on tonsils, swollen glands in neck, aches and pains in back and limbs.	2-5 days	Until recovered or at least 48 hours on antibiotics.
Hand, Foot and Mouth disease	Red spots with raised blister heads on hands, feet and limbs.	3-5 days	Unless lesions are healed
Herpes Simplex	Blisters inside cheeks, ulcers on the tongue, and cold sores around the mouth.	2-10 days	Until all symptoms have ceased
Meningitis (bacterial and viral)	Fever, pains in back and joints, vomiting. Headache, fear of bright lights, stiff neck, confusion. Skin pale, blotchy, red or purple spots/bruises may appear.	2-10 days	Until recovered
Mumps	Fever, headache and swelling of jaw in front of ears, difficulty in opening mouth.	7-28 days	4 days from onset of swelling
Infective hepatitis (jaundice)	Gradual onset of headache, loss of appetite, nausea, urine dark, faeces pale putty colour.	23-35 days	7 days from onset of jaundice
Conjunctivitis	Itching and pain in eyes which become red and inflames. White discharge or "sticky eye".	Bacterial 1-3 days; viral 2-7 days	24 hours minimum or until improvement begins with medication from GP
Scabies	Itchy mite burrows, visible as red raised spots, especially around nose and mouth, although can develop on body.	Direct contact	24 hours following treatment
Impetigo	Yellow oozing sores with scars on top, itching. Usually around the nose and mouth, although can develop on body.	Direct contact	Until dry and healing, or 24 hours after antibiotic treatment has started
Threadworms	Presence of threadworms in stools (white cotton like pieces) sore anus, itchy bottom, sleeplessness, lack of appetite	Direct contact	24 hours following treatment
Thrush	White patches inside mouth, red rash around mouth or in genital area.	Direct contact	Mouth – 24 hours after treatment. Genitals – no exclusion necessary although treatment and good hygiene required.
Temperatures	Normal range for child is 36.1-37.2 degrees C. 38.3 degrees C or higher is cause for concern.	Not applicable	Until temperature returns to normal

Swine Flu	Flu like symptoms, Sudden fever or sudden cough	4 days	1 week
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