

Common Childhood Illness Guide for Children in Early Years Settings

What's it called?	What are the symptoms? Click link for information	Do I need to keep my child off from nursery/preschool/childminder? Who should be informed?
Athlete's foot	Common fungal infection that affects the feet. Athlete's foot - NHS (www.nhs.uk)	No need to stay off setting. It is not a serious condition. Treatment is recommended. Inform early years provider.
Chicken Pox *(see below re pregnancy)	Rash begins as small, red flat spots and develops into itchy blisters. Chickenpox - NHS (www.nhs.uk)	Yes, until all the spots have crusted over, and your child is well (usually 5 days after the spots have appeared). Inform early years provider.
Cold Sores (Herpes Simplex)	Cold sores are generally mild and heal without treatment but are contagious until completely healed (around 10 days). Cold sores - NHS (www.nhs.uk)	No need to stay off setting. Avoid kissing and contact with the sores. Inform early years provider.
Conjunctivitis	Can affect one or both eyes, can cause discharge, redness, a gritty sensation, burning and itchiness. Conjunctivitis - NHS (www.nhs.uk)	No need to stay off nursery/preschool/childminder unless child feels unwell. Inform early years provider.
Cold and Flu-like illness (including COVID-19) *(see below re pregnancy)	High temperature, cough, feeling unwell, loss of taste or smell. Respiratory tract infections (RTIs) - NHS (www.nhs.uk) Coronavirus (COVID-19) - NHS (www.nhs.uk)	Yes, until they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Diphtheria **	High temperature, swollen glands, grey / white coating to throat or tongue. Diphtheria - NHS (www.nhs.uk)	Yes, stay at home is essential (contact UKSHA for advice on exclusion time). Must inform GP. Inform early years provider.
Flu (Influenza)	High temperature, achy body, sore throat, cough, and headache. Flu - NHS (www.nhs.uk)	Yes. Child needs to be well enough to attend setting. Inform early years provider.
German measles** *(see below re pregnancy)	Mild fever, swollen glands, and a rash. Rubella (german measles) - NHS (www.nhs.uk)	Yes, as soon as symptoms develop until 5 days after the onset of the rash. Child needs to be well enough to attend setting. Inform early years provider.
Glandular fever	High temperature, sore throat, swollen glands. Glandular fever - NHS (www.nhs.uk)	No need to stay off setting unless child feels unwell. Inform early years provider.
Hand, foot, and mouth disease *(see below re: pregnancy)	Fever, sore throat, headache. Small painful blisters can appear inside mouth, hands & feet. Hand, foot and mouth disease - NHS(www.nhs.uk)	No need to stay off setting if child seems well enough to go but early years provider should be informed.
Head lice	Itchy head, like something is moving in your hair. Head lice and nits - NHS (www.nhs.uk)	No need to stay off but early years provider should be informed. Treatment recommended only when live lice seen.
Impetigo	Starts with red sores or blisters. These can be itchy, painful, and spread. Impetigo - NHS (www.nhs.uk)	Yes, until lesions are crusted & healed or 48 hours after starting antibiotics. Inform early years provider.
Measles ** *(see below re: pregnancy)	Usually starts with cold-like symptoms, followed by a rash a few days later. Small spots in mouth may appear. Measles - NHS (www.nhs.uk)	Yes. Stay off setting for at least 4 days from when the rash appears and when they are well enough to attend. Contact your GP. Inform early years provider.

Meningococcal Meningitis or Meningitis due to other bacteria**	Rash that does not fade when a glass is rolled over, stiff neck, high temperature, dislike of bright lights, drowsiness, sickness and headache. Meningitis - NHS (www.nhs.uk)	Yes, stay off setting until well enough to return. Contact your GP / Inform early years provider.
Molluscum Contagiosum	Viral skin infection. Molluscum contagiosum - NHS (www.nhs.uk)	No need to stay off as self-limiting. Stop the spread by not sharing towels or squeezing lesions. Inform early years provider.
Mumps**	Painful swelling in the side of face under the ears. Mumps - NHS (www.nhs.uk)	Yes, stay off setting until five days after onset of swelling. Contact your GP. Inform early years provider.
Ringworm	Common fungal infection, causing a rash (not worms). Ringworm - NHS (www.nhs.uk)	No need to stay off but early years provider should be informed. Antifungal treatment required.
Scabies	Skin infection caused by a mite. Intense itching, especially at night, and raised rash or spots. Scabies - NHS (www.nhs.uk)	Yes. Back to setting after first treatment. Household/close contacts require treatment at the same time. Inform early years provider.
Scarlet fever (scarlatina)** *(see below re: pregnancy)	Sore throat and painful glands in neck. A rash appears 12 to 48 hours later. Scarlet fever - NHS (www.nhs.uk)	Yes. Child can return to setting 24 hours after starting antibiotics and if they are well enough to attend. Contact GP. Inform early years provider.
Slapped cheek syndrome (fifth disease / parvovirus B19) *(see below re: pregnancy)	High temperature, runny nose, sore throat, headache. A red rash may appear on 1 or both cheeks. Slapped cheek syndrome - NHS (www.nhs.uk)	No. If child is well, they can attend. They are no longer infectious once the rash appears. Early years provider should be informed.
Sickness bug/diarrhoea and vomiting	Stomach cramps, nausea, vomiting and diarrhoea. Diarrhoea and vomiting - NHS (www.nhs.uk) Norovirus (vomiting bug) - NHS (www.nhs.uk)	Yes. Child can return to setting 48 hours after last episode of diarrhoea or vomiting and when your child is well enough to return. Inform early years provider.
Threadworms	Itching around the anus, particularly at night. Threadworms - NHS (www.nhs.uk)	No need to stay off but early years provider should be informed. Treatment is recommended for child & household.
Warts and Verrucas	Small lumps that appear on the skin. Warts and verrucas - NHS (www.nhs.uk)	No need to stay off but setting should be informed. Verrucas should be covered in swimming pools & changing rooms. Usually resolve on their own.
Whooping cough**	Coughing bouts that are worse at night. The cough will make a 'whoop' sound, may be sick from the mucus. Whooping cough - NHS (www.nhs.uk)	Yes. Child can return to setting 48 hours after starting antibiotics and when your child is well enough. Inform early years provider.

***Pregnancy - Female staff / female students** – If a pregnant woman develops a rash or is in direct contact with someone with a potentially infectious rash, this should be investigated by their medical practitioner (GP, Midwife, or hospital) at any stage of pregnancy.

****Notifiable disease to UKSHA by setting:** [notifiable-diseases-and-causative-organisms-how-to-report \(www.gov.uk\)](https://www.gov.uk/notifiable-diseases-and-causative-organisms-how-to-report) Please contact UKHSA East Midlands on: phe.crc.eastmidlands@phe.gov.uk or 0344 2254 524

Useful Links

[The complete routine immunisation schedule from February 2022 \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

[PHE document \(england.nhs.uk\) Spotty book](https://www.nhs.uk) - includes cleaning and hygiene advice

[Health A to Z - NHS \(www.nhs.uk\)](http://www.nhs.uk)