



## Giggles and More Ltd

8 Deer Park, Fairways Business Park, Livingston, EH54 8GA

# Illness Policy

## Policy Statement

At Giggles and More Ltd, the health and wellbeing of every child is our top priority. We follow Scottish public health guidance and the Health and Social Care Standards to reduce the risk of infection and ensure a safe environment for all children, families, and staff. We ask that parents notify us if their child is unwell, even if the symptoms seem mild. Children who are too unwell to participate in normal daily activities will be more comfortable at home.

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### When to Keep Your Child at Home

Please inform us and keep your child at home if they show any signs of illness that may be infectious or impact their ability to take part in care routines. This includes (but is not limited to):

- A fever of 37.5°C or higher, or a recent fever within the last 48 hours
- Diarrhoea or vomiting within the past 48 hours
- Persistent cough, sore throat, swollen glands, or shortness of breath
- Unusual fatigue, lack of appetite, or general signs of being unwell
- A rash, especially if it is itchy or accompanied by a fever
- Eye infections such as conjunctivitis, or any symptoms of highly contagious illnesses such as chickenpox, hand, foot and mouth disease, mumps, measles, or impetigo

In line with **NHS Scotland exclusion guidelines**, children must remain at home for 48 hours after the last episode of vomiting or diarrhoea to reduce the risk of spreading infection.

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### If a Child Becomes Unwell During Care

If your child becomes unwell while in our care, we will keep them comfortable and reassured and, if appropriate, separate them from other children to limit contact. We will contact you immediately to arrange for your child to be

collected as soon as possible. In serious or emergency cases, we may seek medical advice or contact emergency services if necessary.

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### Public Health Reporting

If we believe a child may have a **notifiable disease** (as defined by Public Health Scotland), we will notify the **Care Inspectorate** and act on advice provided by relevant health authorities.

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### Staff Illness

If a staff member is unwell, we will contact you as early as possible to let you know the nature of the illness and whether they are fit to provide care. You can then decide whether you are comfortable for the session to go ahead. If staff are too unwell to work, we will inform you promptly and help arrange cover as outlined below.

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### Alternative Childcare Arrangements

In the event a staff member is unable to attend due to illness, we will assist in arranging a suitable replacement babysitter where possible. The replacement will be someone you and your child are already familiar with, to ensure a smooth and reassuring handover.

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### COVID-19 and Other Infectious Diseases

We continue to follow all relevant public health guidance regarding COVID-19 and other respiratory infections. Please refer to our separate **Coronavirus Policy** for up-to-date procedures regarding symptoms, isolation, and testing.

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### Working Together

We ask all families to be open and honest about illness in the home. This allows us to protect the health of all children in our care and minimise disruption. If you have any concerns or questions about this policy, please feel free to speak with us directly.