

Beams of Light - Parent Illness & Infection Control Guidance

(Ages 3–11 Years)

At Beams of Light, the health and wellbeing of all children and staff is our priority. To reduce the spread of infection, we follow UK Health Security Agency (UKHSA) guidance and Ofsted requirements.

We ask all parents/carers to carefully follow the guidance below.

! Do NOT Bring Your Child If They Have:

- **A fever (38°C or above)**
- **Vomiting or diarrhoea**
- **A contagious illness**
- **An unexplained rash with fever**
- **Severe cough or difficulty breathing**
- **Been diagnosed with an infectious disease requiring exclusion**

If a child becomes unwell during the session, parents/carers will be contacted and must arrange prompt collection.

Minimum Exclusion Periods

(Based on UKHSA Guidance)

Illness	When Your Child Can Return
Vomiting or Diarrhoea	48 hours after last episode
Fever	24 hours fever-free without medication
Chickenpox	When all spots have crusted over
Measles	4 days after rash appears
Mumps	5 days after swelling begins
Scarlet Fever	24 hours after starting antibiotics
Impetigo	When lesions crusted/healed or 48 hrs after antibiotics
Conjunctivitis	No exclusion required unless child unwell
Head Lice	No exclusion once treated
Hand, Foot & Mouth	No exclusion if child well enough to attend

If you are unsure, please contact us before bringing your child.

If Your Child Becomes Unwell at the Setting

We will:

- Monitor symptoms
- Isolate your child comfortably if necessary
- Contact you immediately
- Follow infection control procedures
- Clean and disinfect affected areas

Parents must ensure:

- Emergency contact details are up to date
- A child can be collected promptly if required

Medication

We can only administer medication:

- Prescribed by a GP, dentist, nurse, or pharmacist
- In original packaging with pharmacy label
- With a completed parental consent form

Children requiring regular medication (e.g., asthma inhalers, EpiPens) must have these available at every session.

Supporting a Healthy Environment

We ask parents to:

- Teach and reinforce good handwashing habits
- Inform us immediately of diagnosed infectious illnesses
- Keep children home during required exclusion periods
- Not send children in with medication to mask symptoms (e.g., Calpol for fever)

During Outbreaks

If there is an outbreak of illness (e.g., flu, stomach bug), we may:

- Increase cleaning frequency
- Request stricter adherence to exclusion periods
- Follow additional UKHSA guidance

Parents will be informed if necessary.

Our Commitment

Beams of Light will:

- Maintain clean and hygienic premises
- Follow UK infection control guidance
- Ensure staff are trained in illness recognition
- Notify parents of significant outbreaks where appropriate

If you are ever unsure whether your child should attend, please contact us before arrival.

Thank you for helping us keep all children safe and healthy.

Centre Manager Name: Anita Pillay

Email: bpbeamsflight@hotmail.com