

Illness Chart

Illness	Common Symptoms	Action Required in Nursery	Return to Nursery
Chickenpox	Red, itchy spots/blisters, fever, tiredness	Exclude until unwell	When all spots have crusted over (usually 5–7 days from onset)
Fever	Temperature above 38°C, lethargy, generally unwell	Keep child at home until well enough	Once fever has subsided and child is well enough to participate
Cold / Mild Respiratory Infection	Runny nose, mild cough, mild fever	Usually can attend if well enough	When child feels well enough and no high fever
Measles	High fever, cough, runny nose, red eyes, rash	Exclude and notify health authority	At least 4 days after rash appears and child is well enough
Mumps	Swollen salivary glands, fever, headache, fatigue	Exclude	5 days after swelling appears and child is well enough
Rubella (German Measles)	Rash, mild fever, cold-like symptoms	Exclude and notify health authority	5 days after rash appears
Hand, Foot, and Mouth Disease	Fever, mouth ulcers, red spots on hands/feet	Exclude if unwell	Once spots have crusted over and child feels well
Impetigo	Red sores, may ooze, often around mouth/nose	Exclude	48 hours after starting antibiotics or when sores are gone without treatment
Diarrhoea & Vomiting	Vomiting, diarrhoea, stomach pain, sometimes fever	Exclude	48 hours after last episode of vomiting/diarrhoea

Illness Chart

Conjunctivitis	Red, itchy eyes, green discharge	Keep child at home if eyes are sticky or painful	Once eyes are clear
Illness	Common Symptoms	Action Required in Nursery	Return to Nursery
Scarlet Fever	Sore throat, fever, red rash, “strawberry tongue”	Exclude	24 hours after starting antibiotics and child is well enough
Whooping Cough (Pertussis)	Severe coughing fits, vomiting after coughing, “whoop” sound	Exclude	5 days after starting antibiotics or 21 days from onset if untreated
Head Lice	Itchy scalp, visible lice/nits	Can attend after treatment	After first treatment, lice controlled
Ringworm	Circular red rash with raised edges	Exclude until treatment has started	Once treatment has started; rash covered
Slapped Cheek / Fifth Disease	Red cheeks, mild fever, cold symptoms	Can attend if well	When child feels well; no longer infectious once rash appears