Daisy Chain
PLAYGROUP
English-speaking playgroup · The Hague

Sickness Policy

When your child should stay at home, when they can come back, and what we do if a child becomes ill at playgroup

Document	Sickness Policy (for parents and staff)
Version	4
Date	7 November 2026
Review date	7 November 2027, or earlier if GGD advice or the law changes
Prepared by	Serlene Stockton, Administrator, for the Daisy Chain team
Approved by	Serlene Stockton, Administrator
Supersedes	Version 3 (draft, November 2026) and the undated Sickness Policy on the website (2017). Older versions must no longer be used or shared. Goes with sections 12, 13 and 15 of the Health and Safety Policy (Version 11).

1. Why we have this policy

We have a duty of care for every child, family and member of staff at Daisy Chain. Young children pass infections on quickly, and a child who is ill needs rest and care at home rather than a busy group. We therefore ask all parents to keep to the rules below. If in doubt, please phone us before you come.

This policy is written for parents. It sets out, in one place, what you need to do when your child is ill and how to tell us. It uses the same rules as our Health and Safety Policy (Version 11, section 12), which also describes what staff do.

2. Telling us your child is ill

- Phone or send a message to **+31 6 41 93 64 07** (during and outside playgroup hours) as soon as possible to say your child will not come and what the illness is.
- Please make sure your child gets medical advice when needed. This is the parents' responsibility.
- If your child is diagnosed with an infectious disease (for example chickenpox), tell us **straight away**, so that we can take the right measures and inform the other parents (section 7).

3. Please keep your child at home if they

- seem unwell or are not well enough to join in with normal play, including outdoor play;
- have a fever, which means a temperature of 38.0 °C or higher;
- have vomited in the last 48 hours;
- have diarrhoea, or had diarrhoea in the last 48 hours;
- have thick (coloured) nasal discharge, a sore throat or a cough;
- have red, bloodshot or discharging eyes (this may be conjunctivitis);
- have a spotty rash after a mild fever and tiredness (this may be chickenpox);
- have pain, especially in the head or stomach;

- started antibiotics less than 48 hours ago;
- have a contagious infection or disease (see section 7).

Colds and flu: your child may come back once all symptoms have cleared. **A clear runny nose** can be an allergy rather than a cold; please use your judgement, remembering that it is likely to be still contagious just after a cold or flu.

We may refuse entry to a child who is ill at drop-off if they are considered a possible source of illness to the other children.This also applies to a child with only a clear runny nose: the staff may still consider the child a possible risk and may decline entry at the time.

4. Coming back after illness

Your child can come back when they are well enough to join in with the whole morning, **and** at the earliest: 48 hours after the last vomiting or diarrhoea; after the first 48 hours of a course of antibiotics; once all symptoms of a cold or flu have cleared; and after an infectious disease, when the doctor or the GGD says it is safe. If you are unsure, phone us before you come.

5. If your child becomes ill at playgroup

1. The Team Leader phones you (or your emergency contact) and asks you to collect your child, or to send a known carer, as soon as possible. Every case is different, so we do not set a fixed time, but please come as soon as you possibly can.
2. While waiting, your child sits comfortably in a quiet area of the hall, as far as possible apart from the other children. The hall is quite large, so your child does not feel isolated, and the staff can still watch your child, see each other and the group, and carry on with the session as normal.
3. A child with a temperature is kept cool (top clothing removed, head sponged with cool water) and away from draughts.
4. In an emergency we call 112 and the child may be taken to the nearest hospital emergency department (HMC Westeinde, Lijnbaan 32, Den Haag). You are informed straight away. When your child starts, you sign the Emergency Medical Care and Medical Information Form, which is our medical form and includes your consent for emergency treatment.
5. We tell you what we saw and when, and write it down (Incident Book). Children's health details stay confidential.

6. Medication, allergies and EpiPen

- Where possible, please give medicine at home. Staff only give medicine that is set out in the forms we hold for your child, and this may include a range of treatments, because each child's needs are different. Staff never give medication without a prescription.
- If a doctor prescribes new medication, please tell us and complete a new medication form before staff can give it. If it is urgent, your written approval by text message or similar will do until the form is completed.
- Doctors may speak to each other about your child's treatment, but you will always be kept informed, and staff act only on your instructions.

- Tell us about every allergy on the application form and medical form. For each allergy we complete an allergy form with you: the allergen, the reaction, what to do (including any medication and how to give it), and how we prevent contact. You show staff how to give any special allergy medication.
- **Daisy Chain is nut-free.** Please never bring nuts or nut products, including for parties.
- Daisy Chain accepts children who may need an adrenaline auto-injector (EpiPen). You instruct the staff in how to use it, and it is given as agreed in your child's allergy form.

7. Infectious diseases and the GGD

- When we learn that a child or adult has a notifiable disease, the Team Leader informs the GGD and follows its advice: GGD infectious diseases, **070 353 72 40**, infectieziekten@ggdhaaglanden.nl.
- If there is an infectious illness in the group, we tell all parents, without naming the child, using all the means at our disposal: text message, WhatsApp, email, a note on the door, a Facebook message and any other suitable channel.
- **Head lice** are not normally a reason to stay at home, although in exceptional cases we may ask you to keep your child at home until they have cleared. When head lice are found, all parents are told and asked to check and treat their family.

8. When staff are ill

If staff illness means we cannot open safely, the playgroup closes, you are told as soon as possible, and the day is not charged (as in our Pedagogical Policy).

Questions? Email admindaisychain@gmail.com, phone +31 6 41 93 64 07 or talk to Serlene.

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Can my child come to playgroup today?

Quick guide to our Sickness Policy, Version 4 (November 2026). Suitable for the website and the parent pack. If in doubt, phone us before you come: **+31 6 41 93 64 07**.

If your child…	Can they come?	When can they come back?
seems unwell or is not well enough to join in	No	When well enough for a full morning, including outdoor play
has a fever (38.0 °C or higher)	No	When the fever has gone
has vomited	No	48 hours after the last vomiting
has diarrhoea	No	48 hours after the last diarrhoea
has a cold or flu	No	When all symptoms have cleared
has a clear runny nose only	Use your judgement	It may be an allergy; just after a cold it is likely still contagious, and staff may still decline entry
has thick nasal discharge, a sore throat or a cough	No	When it has cleared
has red, bloodshot or discharging eyes	No	When cleared, or as the doctor advises
has a spotty rash after a fever (chickenpox?)	No	When the doctor or GGD says it is safe
has started antibiotics	Not in the first 48 hours	After 48 hours on antibiotics, if well
has an infectious disease	No: tell us straight away	When the doctor or GGD says it is safe
has head lice	Usually yes: please treat	We tell all parents so everyone can check

Good to know

- Please phone or message **+31 6 41 93 64 07** to tell us your child is ill and what the illness is.
- If your child becomes ill at playgroup, we call you to collect them as soon as possible. In an emergency we call 112 and contact you straight away.
- Staff only give medicine that is set out in your child's forms, as agreed with you in writing, including an EpiPen if your child may need one. If a doctor prescribes new medication, please tell us and complete a new medication form (if it is urgent, a text message will do until then). Please give other medicine at home.
- Daisy Chain is nut-free. Tell us about every allergy so we can make a plan with you.
- If there is an infectious illness in the group, we tell all parents without naming the child, and we follow the GGD's advice.