

IS MY CHILD TOO ILL FOR SCHOOL?

It can be tricky deciding whether or not to keep your child off school if they are unwell. Please follow the NHS advice below, remembering to telephone or email the school **every day** of your child's illness.

Coughs and colds

It is fine to send your child to school with a minor cough or common cold but if they have a high temperature, **38°C or above** or fever, keep them off school until this goes.

Please encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature - 38°C or above

If your child has a high temperature, **38°C or above**, please keep them off school until it goes.

Chickenpox

If your child has chickenpox, please keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

Cold sores

There is no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore or to share things like cups and towels.

Conjunctivitis

You do not need to keep your child away from school if they have conjunctivitis.

Do get advice from your pharmacist and encourage your child not to rub their eyes and to wash their hands regularly.

Coronavirus (COVID-19)

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature, **38°C or above**
- do not feel well enough to go to school or do their normal activities

If they have mild symptoms and they feel well enough, they can still go to school.

Ear infection

If your child has an ear infection and a high temperature, **38°C or above** or severe earache, keep them off school until they are feeling better or their high temperature has gone.

Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough to go to school, there is no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There is no need to keep your child off school if they have head lice as this can be treated without seeing a GP. Please, however, notify the school if your child has head lice or nits so we are aware.

Impetigo

If your child has impetigo, they will need treatment from a GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm

If your child has ringworm, see your pharmacist unless it is on their scalp, in which case you should see a GP.

It is fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has scarlet fever they will need treatment with antibiotics from a GP otherwise they will be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You do not need to keep your child off school if they have slapped cheek syndrome as, once the rash appears, they are no longer infectious.

If you suspect your child has slapped cheek syndrome, take them to see a GP and let their school know if they are diagnosed with it.

Sore throat

You can still send your child to school if they have a sore throat but if they also have a high temperature, **38°C or above** they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms

You do not need to keep your child off school if they have threadworms.

Please speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with diarrhoea and vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).