

this is your handy guide to understanding illnesses children and young people pick up from time to time.

keep it close by so you can refer to it at all times.

Don't forget to contact school to advise of any illness and the likely return date

Don't forget to use me!

HEADACHE, EARACHE AND STOMACH ACHE

Children with headache, earache or stomach ache can go to school - just let the staff know they have felt unwell.

Give paracetamol and plenty of fluids to drink.

If headache, earache or stomach ache persist...

seek medical advice



HIGH TEMPERATURE

Give paracetamol and plenty to drink. After paracetamol, if your child feels better, bring them to school. If the child's high temperature continues for three days or more, seek medical advice.

Not sure? Ask for advice!

COUGHS AND COLDS

Children should be given paracetamol, plenty of fluids to drink and can be sent to school.

If your child is asthmatic, remember they may need their blue inhaler more often.

FLU (INFLUENZA)

Children should go back to school when recovered – this is usually about five days.

SORE THROAT, TONSILITIS AND GLANDULAR FEVER

Children should be given paracetamol, plenty of fluids to drink and can be sent to school if child is well enough.

HEAD LICE

Children can go to school with head lice but they must be treated for the condition to prevent further spreading.

Parents should treat their children and other family members by wet combing with a nit comb and conditioner.

See your school nurse or pharmacist for further advice.

SCABIES

Children can go back to school after the first treatment.

Others at home should be treated.

THREADWORM

Children can go to school when they have started their treatment.

Everyone at home should be treated.

HAND, FOOT AND MOUTH WARTS AND VERRUCAE, ATHLETES FOOT AND MOLLUSCUM CONTAGIOSUM

Children can go to school. Verrucae should be covered in swimming pools and changing rooms.

CONJUNCTIVITIS

Children can go to school. They should be encouraged to wash their hands to prevent further spread of infection.

IMPETIGO

Children can go back to school when their lesions are crusted or healed, or two days after starting antibiotics.



MEASLES, CHICKEN POX AND GERMAN MEASLES

MEASLES – Children should go back to school four days after the rash has started.

CHICKEN POX – Children should go back to school five days after the rash has started.

GERMAN MEASLES – Children should go back to school six days after the rash has started. Please let the school know, as pregnant members of staff may be affected.

MUMPS

Children should go back to school five days from the start of swollen glands.

WHOOPIING COUGH

Children should go back to school five days after starting antibiotics. Non-infectious coughing may continue for many weeks.

Please make sure the bottle is labelled with your child's name and how often they should have it.

Please discuss with the headteacher.

DIARRHOEA & VOMITING

Children can return to school 48 hours after the last episode of diarrhoea or vomiting. Please discuss with school.

Your child...
their future

SCARLET FEVER

Children can go back to school 24 hours after starting antibiotics if well enough.

WHAT ELSE DO I NEED TO KNOW?

MEDICINES IN SCHOOL

Children can come to school even if they are taking medicines, as staff are able to give them their medicine in school.

ANTIBIOTICS

Antibiotics are often not needed. Most coughs, colds and sore throats are caused by viruses. Antibiotics do not work on viruses.

SCHOOL NURSE DROP-IN SESSION

Your school nurse is available to meet with you in school. Please ask reception for the school nurse's contact details.

FURTHER ADVICE

Please ask at your local pharmacist or go online to www.nhs.uk for NHS choices. You can also dial **111** for advice.

Local pharmacy - see your local pharmacist for help and advice.

Information in this guide is taken from 'Guidance on infection control in schools and other childcare settings' (Public Health England 2016)

SHOULD MY
CHILD GO
TO SCHOOL
TODAY?

