

Type of Illness	NHS recommended period to be kept away from school	NHS further advice and comments www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx
Diarrhoea or vomiting	48 hrs since last episode	This may vary in each case, please contact school for further advice
Flu	Until recovered	-
Whooping Cough	5 days from start of antibiotics or 21 days from onset if no antibiotic treatment	After treatment non-infectious coughing may continue for many weeks <i>Vaccination is available</i>
Conjunctivitis	None	-
Head Lice	None — return to school as soon as treated	Recommend use of proprietary hair conditioner combed through hair with a nit comb if live lice seen
Mumps	5 days from onset of swelling	Mumps in teenage children can cause other serious medical complications <i>Vaccination is available</i>
Thread Worms	None	Treatment is required for the child and household contacts
Tonsillitis	None	There are many causes, most are due to viruses and do not need antibiotics
Chicken Pox	5 days from onset of rash or until spots are crusted over	Chicken Pox can affect pregnant women if they have not already had the infection <i>Please inform school immediately</i>
Cold Sores	None	Avoid contact with the sores
German Measles	6 days from the onset of rash	Pregnant women or children under 13months who come into contact with German Measles should inform their GP immediately <i>Please inform school - Vaccination is available</i>
Hand, Foot and Mouth	None	-
Impetigo	Until lesions are crusted and healed or 48 hours after starting antibiotics	Antibiotics can speed the healing process and reduce the infectious period
Measles	4 days from the onset of rash	Pregnant women who come into contact with Measles should inform their GP immediately <i>Please inform school - Vaccination is available</i>
Slapped Cheek	None	Pregnant women and people with weak immune systems or blood disorders who come into contact with Slapped Cheek should contact their GP <i>Please inform school immediately</i>
Warts and Verrucae	None	Verrucae should be covered in swimming pools, changing rooms and for gymnastics

Should my child stay home from school?



Parents often ask us if their child should be in school.

General medical advice is that if your child has no temperature but has a cough, cold, headache, earache or similar ailment then as with adults, give them paracetamol (eg. calpol) and send them to school.

We will always contact you if your child's condition worsens or if we believe it is contagious.

Advice from the NHS relating to common childhood illnesses is included on the back of this leaflet.

Preventing or minimising illnesses - it can be done!

One way to lessen the number of days your child needs to stay home is to prevent the illness in the first place. Childhood immunisations can prevent many diseases such as measles, mumps and chicken pox.

Although this may seem simple, many illnesses can also be prevented through proper hygiene.

Some hygiene reminders for your children:

- Wash your hands frequently using soap or hand sanitizer
- Don't share food or drinks
- Don't share clothing
- Throw away used tissues

Catch it



Bin it



Kill it



Medical, Dental and Optician appointments

Whenever possible, make all medical appointments outside school hours or at the end of the school day. If an appointment is made in school time your child should come to school first and/or return after their appointment.

Please be aware that the absence or illness of a child should not affect the education of their siblings. If a child has an appointment (particularly at the beginning or end of the school day) arrangements should be made to ensure that siblings are dropped off or collected from school on time.