ENDSLEIGH HOLY CHILD RC ACADEMY

IS MY CHILD TOO ILL FOR SCHOOL?

A GUIDE FOR PARENTS AND CARERS

NHS

Information taken from NHS.UK
www.nhs.uk

WHAT TO DO

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

LET US KNOW

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

GOOD TO KNOW

There are government guidelines for schools and nurseries about health protection and managing specific infectious diseases at GOV.UK.

WHAT TO DO ABOUT OTHER CONDITIONS

HIGH TEMPERATURE

If your child has a high temperature, keep them off school until it goes away.

FEELING ANXIOUS OR WORRIED

It's normal for children to feel anxious sometimes. Avoiding school can make it worse. Talk to your child, work with the school and seek support from your GP or school nurse if needed.

Find information and advice about how to help children with anxiety.

COUGHS AND COLDS

It's fine to send your child to school with a slight cough or common cold as long as they don't have a high temperature and are otherwise well.

Encourage them to throw away tissues and wash their hands regularly.

COVID-19

If your child has mild symptoms and feels well enough, they can go to school.

If they have a high temperature or do not feel well enough to go to school or do their normal activities, they should stay at home.

If your child tests positive, they should try to stay at home and avoid contact with others for 3 days after the day of the test.

COMMON ILLNESSES – WHAT YOU NEED TO KNOW

CHICKENPOX

Keep your child off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

COLD SORES

No need to keep your child off school. Encourage them not to touch the blister or kiss anyone or to share things like cups and towels.

CONJUNCTIVITIS

No need to keep your child off school unless they are feeling very unwell.

Get advice from your pharmacist. Encourage your child not to rub their eyes and wash hands regularly.

EAR INFECTION

If your child has a high temperature or severe earache, keep them off school until they're feeling better or the high temperature goes away.

HAND, FOOT AND MOUTH

No need to keep your child off school if they seem well enough.

Encourage them to throw away tissues and wash hands regularly.

HEAD LICE AND NITS

No need to keep your child off school. You can treat head lice and nits without seeing a GP.

IMPETIGO

Your child will need treatment from a pharmacist or GP, often with antibiotics.

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

Encourage regular hand washing and not to share towels or cups.

MEASLES

See a GP. Call the surgery before you go in, as measles can spread easily.

Keep your child off school for at least 4 days from when the rash first appears.

Avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

RINGWORM

See your pharmacist unless it's on the scalp, in which case see a GP.

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

SCARLET FEVER

Needs antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

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

SLAPPED CHEEK SYNDROME (FIFTH DISEASE)

No need to keep your child off school as, once the rash appears, they are no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

THREADWORMS

No need to keep your child off school.

Speak to your pharmacist, who can recommend a treatment.

VOMITING AND DIARRHOEA

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

SORE THROAT

You can still send your child into school if they have a sore throat.

But if they also have a high temperature, they should stay at home until it goes away.

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

REMEMBER

- Good attendance helps your child learn, stay healthy and thrive.
- If you are unsure whether your child is well enough for school, please contact us – we are here to help.

If you are ever unsure or need any support, please contact the school.
We are here to help you and your child.

Information taken from NHS.UK
www.nhs.uk/live-well/is-my-child-too-ill-for-school