



School Attendance - Advice & Guidance for when your child is unwell

The government are striving to improve children's attendance at school. In conjunction with that campaign the NHS have given advice on some childhood illnesses as to when it is safe to send your child to school, and when you are advised to keep your child at home. Please read the following so that you know what to do depending on your child's condition:-

Is my child too ill for school?

There are government guidelines for schools and nurseries about managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school on the first day of absence to let us know that your child won't be in and to give the reason.

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, you must let their teacher know.

The NHS advise the following:

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). This is not a rule that has been put in place by the school **it is a rule that we HAVE to follow set out by the government.** On occasion parents try to send their child back to school before the 48 hours have passed. When this happens the parents are contacted and asked to come and collect their child from school.

Coughs and colds

It's fine to send your child to school with a minor cough or common cold. However, if they have a fever/high temperature, keep them off school until the fever/high temperature goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a high temperature, keep them off school until their temperature returns to within the normal range without the use of paracetamol or other medication.

Chickenpox

If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared but can take up to 10 days.

Cold sores

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

Conjunctivitis

You don't need to keep your child away from school if they have conjunctivitis, although it is best to give them one day of treatment before sending them into school. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

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
- do not feel well enough to go to school or do their normal activities

What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. However, if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

Ear infection

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

Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough to go to school, there's 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's no need to keep your child off school if they have head lice. However it is advised that you seek advice and treatment from a pharmacist, and treat them for headlice before sending them back to school. **You can treat head lice and nits without seeing a GP.**

Impetigo

If your child has impetigo they will need treatment from a pharmacist or 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.

Measles

If your child has measles they will need to see a GP. Call the GP surgery before you go in as measles can spread to others easily.

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

They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

Ringworm

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

You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they are no longer infectious.

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

Sore throat

You can still send your child to school if they have a sore throat. However, 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.

Threadworms

You don't need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment.