

The information provided below provides a guideline for expected absence from school for childhood illnesses ... Refer to appropriate professional if you have specific questions/concerns

Should my child go to school today?

**Think twice**

Every day counts.

**Headache, earache and stomach ache**—Children with headache, earache or stomach ache can go to school—just let the school know they have felt unwell. Give paracetamol and plenty of fluids to drink. If symptoms persist **SEEK MEDICAL ADVICE**

**Whooping cough**—children should go back to school five days after starting antibiotics. Non-infectious coughing may continue for many weeks

**High Temperature**—Give paracetamol and plenty to drink. After paracetamol if your child feels better, bring them into school. If the child's high temperature continues for three days or more, seek medical 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 inhaler more often.

**Flu and Swine Flu**—Children should go back to school when recovered—this is usually about five days.

**Sore Throat, Tonsillitis & Glandular fever**—children should be given paracetamol, plenty of fluids to drink and can be sent to school.

**Head Lice**—Children can go to school with head lice but they must be treated for the condition to prevent further spreading. (all members of the family should be treated)

**Diarrhoea and Vomiting**—Children can return to school 48 hours after the last episode of diarrhoea or vomiting

**Hand, Foot & Mouth. Warts & verrucae, athlete's foot & Molluscum Contagiosum**—Children can go to school. Verrucae should be covered in swimming pools & changing rooms.

**Scabies, Threadworm**—Children can go back to school after the first treatment. Others at home should be treated.

**Measles**—children should go back to school **Four days** after rash has started.

**Chicken Pox**—Children should go back to school **Five days** after rash has started

**German Measles**—Children should go back to school **Six days** after 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

**Conjunctivitis**—children can go to school, they should be encouraged to wash hands to prevent spreading of infection.

**Impetigo**—children can go back to school when lesions are crusted or healed or two days after starting antibiotics.

## Further advice

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

**NHS 111**  
111 is the NHS non-emergency number. It's fast, easy and free. Call 111 when you need medical help fast but it's not a 999 emergency

