



















## Poorly child? Some advice on what to do...

Your child can go to school but may need treatments as shown

Can be spread to other children. Some restrictions for attending school

No school. See advice below for what you should do and when your child can return

What it's called	What it's like	Going to school	More advice
Chicken Pox	Rash begins as small, red flat spots that develop into itchy <a href="#">fluid-filled blisters</a>		Although the usual exclusion period is 5 days, all lesions should be crusted over before children return to nursery or school.
Common cold	Runny nose, sneezing, sore throat.		Ensure good hand hygiene – dispose of tissues and regularly wash hands with soap and water.** Children may be given paracetamol if fever is present (unless contraindicated and always follow product dosing instructions), plenty of fluids to drink and can be sent to school.
Conjunctivitis	Teary, red, itchy, painful eyes.		<a href="#">Treatment is not usually required</a> . Try not to touch eyes to avoid spreading.
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat.		Ensure good hand hygiene** Children should go back to school when recovered - this is usually about five days.
Glandular Fever	High temperature, sore throat (usually more painful than any before) and swollen glands.		Child needs to be well enough to concentrate at school.
Hand, Foot and Mouth disease	Fever, sore throat, headache, <a href="#">small painful blisters inside the mouth and on tongue and gums (may also appear on hands and feet)</a>		Children can go to school with hand, foot and mouth disease.
Head Lice	Itchy scalp (may be worse at night).		Treat child and all other family members by wet combing with a nit comb and conditioner.
Impetigo	Clusters of <a href="#">red bumps or blisters surrounded by area of redness</a>		See GP. Back to school when the lesions crust over or 48 hours after the start of antibiotics.
*Measles	Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, <a href="#">red blotchy rash</a>		Contact your GP (by phone initially) if you think that your child might have measles. Back to school 4 days from the onset of rash.

What it's called	What it's like	Going to school	More advice
*Mumps	Swollen glands, headaches, joint pain, high temperature		Contact your GP (by phone initially) if you think that your child might have mumps. Back to school 5 days from the onset of swollen glands.
*Meningitis	Symptoms of meningitis can <b>develop very quickly</b> and include high temperature, vomiting, headache, rash ( <a href="#">that does not fade when a glass is rolled over it</a> ) stiff neck, dislike of bright lights, drowsiness, seizures.		<b>Seek medical advice as soon as possible if you think your child may have <a href="#">meningitis</a>.</b> Call 999 for an ambulance or go to your nearest A&E/Emergency Department immediately if you think your child might be seriously ill. Call NHS 111 or GP surgery for advice if you are not sure. Remain off school until recovered.
Ringworm	<a href="#">Red ring shaped rash</a> , may be itchy rash, may be dry and scaly or wet and crusty.		See pharmacist for advice about treatment.
Scabies	<a href="#">Intense itching, pimple-like rash</a> . Itching and rash may be all over the body but is commonly between the fingers, wrists, elbows and arms.		See pharmacist for advice about treatment. Back to school after first treatment.
Scarlet fever / strep throat	Severe sore throat and painful glands in neck. No runny nose or cough. <a href="#">Associated with sandpaper-like pink/red rash</a> in scarlet fever.		See GP. Return to school 24 hours after starting antibiotics.
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister type rash.		Only stay off school if rash is weeping and not covered.
Sickness bug/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea.		Ensure good hand hygiene.** Return to school 48 hours after the last episode of diarrhoea or vomiting. <a href="#">See GP if child appears to be getting dehydrated</a> (passing little urine or becoming lethargic).
Threadworms	Intense itchiness around the anus.		See pharmacist or GP for advice and treatment. Everyone at home should be treated.
Mild tonsillitis	Sore throat associated with runny nose or cough.		<a href="#">See GP if they are getting dehydrated or fever persists for more than 5 days.</a>

**Always consider COVID-19 alongside the other infections above given the overlapping nature of symptoms.** If your child has one or more of the following common coronavirus symptoms: high temperature, new continuous cough or loss of taste/smell, arrange a PCR test at [Get tested for coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](#) or call 119 and self-isolate child at home until test result received.

\*Vaccinations are the most effective way to prevent infectious diseases. It is important that vaccines are given on time for the best protection. For more information on the NHS vaccination schedule for children please visit [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](#)

\*\* For additional information on Infection Prevention and Control measures in school and child care facilities please visit [Health protection in schools and other childcare facilities - GOV.UK \(www.gov.uk\)](#)

**Further Information:** visit the following websites for more information

<http://www.what0-18.nhs.uk/parents-and-carers/worried-your-child-unwell/>

<http://www.what0-18.nhs.uk/parents-and-carers/should-your-child-go-school-today/>

[Stay at home: guidance for households with possible or confirmed coronavirus \(Covid-19\) infection](#)

**October 2021:** This information is a guide and has been checked by health professionals, however if you are unsure about your child's wellbeing we recommend checking with your pharmacy or GP.

If you need this information in another format, such as large print or an alternative language please look on the [Healthier Together website](#)