

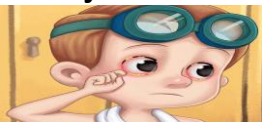















Should my child attend school?



What it's called	What it's like	More advice
Chicken pox 	Rash begins as small, red flat spots that develop into itchy fluid-filled blisters	Back to school 5 days after the onset of the rash
Common cold 	Runny nose, sneezing, sore throat	Children should be given paracetamol, plenty of fluids to drink and can be sent to school. Ensure good hand hygiene-dispose of tissues and regularly wash hands with soap and water.
Conjunctivitis 	Teary, red, itchy, painful eyes	Treatment is not usually required. Try not to touch eye to avoid spreading.
Flu 	Fever, cough, sneezing, runny nose, headache, body aches and pains, exhaustion, sore throat	Children should go back to school when recovered- this is usually about five days. Ensure good hand hygiene
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 	Fever, sore throat, headache, small painful blisters inside the mouth and on tongue and gums (may also appear on hands and feet)	Children can go to school with hand, foot and mouth
Headlice 	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 red bumps or blisters surrounded by area of redness	See GP. Back to school when the lesions crust over or 48 hours after the start of antibiotics

What it's called	What it's like	More advice
<p>Measles</p> 	<p>Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, red blotchy rash</p>	<p>Contact your GP (by phone initially) if you think that your child may have measles. Back to school 4 days from onset of rash</p>
<p>Ringworm</p> 	<p>Red ring shaped rash, may be itchy rash, may be dry and scaly or wet and crusty</p>	<p>See pharmacist for advice about treatment</p>
<p>Scabies</p> 	<p>Intense itching, pimple like rash. Itching and rash may be all over the body but is commonly between fingers, wrists, elbows and arms</p>	<p>See pharmacist for advice about treatment. Back to school after first treatment</p>
<p>Scarlet fever/strep throat</p> 	<p>Severe sore throat and painful glands in neck. No runny nose or cough. Associated with sandpaper-like pink rash in scarlet fever</p>	<p>See GP. Return to school 24 hours after starting antibiotics</p>
<p>Shingles</p> 	<p>Pain, itching or tingling along the affected nerve pathway. Blister type rash</p>	<p>Only stay off school if rash is weeping and not covered</p>
<p>Sickness bug/diarrhoea</p> 	<p>Stomach cramps, nausea, vomiting and diarrhoea</p>	<p>Return to school 48 hours after the last episode of diarrhoea or vomiting. See GP if they appear to be getting dehydrated (passing little urine or becoming lethargic)</p>
<p>Threadworms</p> 	<p>Intense itchiness around the anus</p>	<p>Get treatment from local pharmacy or GP. Everyone at home should be treated</p>
<p>Mild tonsillitis</p> 	<p>Sore throat associated with runny nose or cough</p>	<p>See GP if they are not starting to improve or fever persists for more than 5 days</p>

Please note: If your child seems poorly first thing then feels better, you are more than welcome to bring them in to school later or for their afternoon session.

Please visit the following websites for more information:

Should your child go to school

Worried your child is unwell

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

