



## IS MY CHILD WELL ENOUGH FOR SCHOOL?

### INTRODUCTION

Many parents are unsure whether or not to send their child into school if they do not seem to be feeling entirely well. Generally, if you are unsure, then we would advise bringing your child into school and letting us know to keep a special eye on them. Staff are very good at spotting when a child does not seem right and we can call you and ask you to collect them. Alternatively, they may be well enough to attend providing that they do not undertake certain activities, for example PE or being outside at playtime. Again, let us know and we can make other arrangements. Finally, if you do decide to keep your child off school but they then seem better later in the day, we will always be pleased to see them.

The guide below is based on NHS guidance for parents on when a child should or should not be in school and we hope that it will provide some additional information and reassurance for you.

You can find an interactive version of this guide by [clicking here](#) or type "Is my child too ill for school" into your internet browser.

### FINE TO BE IN SCHOOL

**Cold Sores** - Your child does not need to be off school. Encourage them not to touch the blister or kiss anyone while they have the cold sore. They should not share towels or cups.

**Conjunctivitis** - Your child does not need to be off school. Do get advice from your pharmacist. Encourage the child not to rub their eyes and to wash their hands regularly.

**Coughs and Colds** - It's fine to send your child into school if they have a mild cough or cold. Encourage your child to throw away any used tissues and to wash their hands regularly.

**Hand, Foot and Mouth Disease** - If your child has this but seems well enough to be in school then there is no reason to keep them off. Encourage your child to throw away any used tissues and to wash their hands regularly.

**Head Lice and Nits** - There is no need for your child to miss school if they have had lice but do inform their teacher (this is very common at primary school age so don't be embarrassed).



**Ringworm** - If your child has ringworm then it is fine for them to go to school once they have started treatment. If it is on their scalp then you are advised to consult with your GP.

**Slapped Cheek Syndrome** - You don't need to keep your child at home if they have slapped cheek syndrome because once the rash appears they are no longer infectious. If you suspect your child has this you should take them to the GP and let the school know if diagnosis is confirmed.

**Sore Throat** - You can send your child to school if they have a sore throat but see advice below if they also have a fever.

**Threadworms** - You don't need to keep your child at home if they have threadworms. Speak to your local pharmacist who can advise on treatment.

## **BETTER TO BE AT HOME**

**Chickenpox** - If your child has chickenpox then keep them off school until the spots are all crusted over, which is usually for about five days.

**Ear Infection** - If your child has an ear infection and a fever or severe earache then keep them at home until the fever goes away and they are feeling better.

**Fever** - keep your child at home if they have a fever until this goes away.

**Impetigo** - If your child has impetigo then they will need antibiotic treatment from their GP. Keep them off until all the sores have crusted over and healed or for 48 hours after starting antibiotics. Encourage your child to wash their hands regularly and not to share towels, cups and so on with other children at school.

**Scarlet Fever** - Your child will need antibiotics from the GP if they have scarlet fever. Once treatment has started they can return to school after 24 hours.

**Vomiting and Diarrhoea** - Keep your child off school for 48 hours after this has stopped.



## TYPICAL RASH APPEARANCES

**Chickenpox**



**Impetigo**



**Cold Sore**



**Ringworm**



**Hand, Foot and Mouth Disease**



**Scarlet Fever**

