



## Whitecote Primary School

### Guidance and advice taken from the NHS website – Childhood illnesses

#### **Coughs and colds**

It is fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever 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 it goes away.

#### **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.

#### **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 or kiss anyone 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. Encourage your child not to rub their eyes and to wash their hands regularly.

#### **Coronavirus (COVID-19)**

**+ test** Report result to school as soon as possible.

If in school time, **child works from home** for 3 days after the date of the test if possible.

**Not tested** but unwell and a high temperature - should not attend school until they no longer have a high temperature, and they are well. If mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend.

#### **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**

If your child has hand, foot and mouth but is well enough to go to school, there's no need to keep them off. Encourage them to throw away used tissues often 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. You can treat head lice and nits without seeing a GP.

**Impetigo**

If your child has impetigo, they'll need treatment from a 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.

**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'll 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're no longer infectious.

**Sore throat**

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

**Vomiting and diarrhoea**

Children with diarrhoea or vomiting should stay away from school for 1 day after their symptoms have gone.

If they are **diagnosed** with Norovirus, please follow 48 hrs rule.

If your child is sick due to coughing etc they do not need to stay away from school.

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