























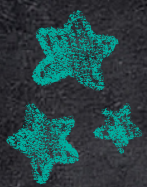
# What to do:

Your child can go to school

Other children are at risk

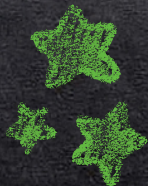
Your child cannot go to school

What's it called?	What is it like?	Can my child go to school?	Getting Treatment	More Advice
Athlete's foot	White patches between toes		Pharmacy	Child should not be barefoot at school or share towels and socks or shoes
Chicken pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school 5 days after start of the rash
Cold sores	Fluid blister on mouth, then dries up and crusts over		Pharmacy	Avoid contact with sores
Common cold	Runny nose, sneezing, sore throat		Pharmacy	Encourage child to wash hands and use tissues and bin once used.
Conjunctivitis	Tearful, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading
COVID-19	Runny nose, headache, coughing, loss or change in smell or taste		Pharmacy	Child who has a positive test result should not attend school for 3 days after the day of the test
Diarrhoea and vomiting	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Don't send child to school until 48 hours after diarrhoea and vomiting has stopped.
Flu (influenza)	Fever, cough, sneezing, runny nose, headache, body aches and pains, exhaustion, sore throat		Pharmacy	Encourage child to wash hands and use tissues and bin once used.
Hand foot and mouth	Fever, sore throat, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP or 111	Only need to stay off if feeling too unwell to attend
Head lice	Itchy scalp		Pharmacy	
Impetigo	Cluster of red bumps or blisters surround by are of redness		GP or 111	Return to school when lesions crust or 48 hours after start of antibiotics.
Measles	Fever, cough, runny nose and watery inflamed eyes. Small red spots with white or white centers in the mouth, red blotchy rash		GP or 111	Back to school 4 days from onset of rash and well enough
Meningitis	Fever, headache, light sensitive, neck stiffness, vomiting, sleepy		GP or 111	Only need to stay off if feeling too unwell to attend. If you are worried contact GP, 111 or 999
Mumps	Swelling and tenderness of salivary gland, pain		GP or 111	Child can return 5 days after start of swelling and if well enough.
Ringworm	Red ring-shaped rash, may be itchy, dry, scaly or wet and crusty		GP or 111	
Scabies	Intense itching, pimple-like rash, itching all over the body but commonly between fingers, wrists, elbows and arms		GP or 111	Back to school after first treatment
Scarlet fever	Fever, sore throat, rash pinhead in size and skin a sandpaper-like texture		GP or 111	Child can return 24 hours after start of antibiotics
Slapped cheek	Fever, runny nose, red rash to one or both cheeks and a spotty rash will appear		Pharmacy	
Threadworms	Intense itches around anus		Pharmacy	Encourage child to wash hands
Tonsillitis	Intense sore throat		Pharmacy	See GP if child had temperature lasting over 48 hours or can't swallow.
Warts and verrucae	Small lump on skin. Verrucae has black patch under skin		Pharmacy	Verrucae should be covered in swimming pools, gyms and changing rooms.
TB	Night sweats, weight loss, fever, loss appetite, pain to joints		GP	TB team will inform when child can return.



# PARENTS' HANDBOOK OF CHILDHOOD ILLNESSES

Primary and Secondary Education



As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement. Contact NHS 111 or your GP if:

- Your child is getting worse
- Your child is feeding or eating much less than normal
- Your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- Your child is very tired or irritable

Call 999 or go to A&E if:

- Your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- There are pauses when your child breathes
- Your child's skin, tongue or lips are blue
- Your child is floppy and will not wake up or stay awake

For more information please visit:



NHS Conditions:  
[www.nhs.uk/conditions](http://www.nhs.uk/conditions)



Is my child too ill for school?:  
[www.nhs.uk/live-well/is-my-child-too-ill-for-school](http://www.nhs.uk/live-well/is-my-child-too-ill-for-school)



UK HSA Health Protection in Schools:  
[www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities](http://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities)

If your child has a fever don't send your child to school.

If child, no longer has a high temperature/ fever and is still feeling unwell, then don't send your child to school.

If your child is feeling well with no fever, they can attend school even with a cough.

Make the teacher aware if your child has been feeling unwell.