# Is my child too ill for school?

UK Government NHS

## Does your child have a high temperature (38ºC or more)?

**YES** Keep them off school until it goes away.

**NO** Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

### Should go in

**A cough, cold or sore throat**

Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.

**Threadworms**

Speak to your pharmacist, who can recommend a treatment.

### Should go in (let the school know)

**Cold sores**

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**

Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

**Head lice & nits**

You can treat head lice and nits without seeing a GP.

**Hand, foot & mouth disease**

If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

**Slapped cheek syndrome**

Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.

### Seek treatment before returning to school

**Impetigo**

They'll need treatment from a pharmacist or 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**

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**

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.

**Chickenpox**

Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

### Keep them off (at first)

**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.

**Measles**

They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

**Vomiting & diarrhoea**

Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).

**Feeling worried or anxious:** It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'