When Your Child is Unwell

When your child is unwell, it can be hard deciding whether to keep them off school. These simple guidelines taken from NHS Choices website should help.

Every day at school counts and ideally, we want children to be at school whenever possible. Not every illness needs to keep your child from school. If you keep your child away from school, be sure to inform the school of their absence.

Use common sense when deciding whether or not your child is too ill to attend school. Ask yourself the following questions.

- Is my child well enough to do the activities of the school day? If not, keep your child at home.
- Does my child have a condition that could be passed on to other children or school staff? If so, keep your child at home. (Please see the Public Health Agency guidance)
- Would I take a day off work if I had this condition? If so, keep your child at home.

Common conditions

If your child is ill, it's likely to be due to one of a few minor health conditions. Whether you send your child to school will depend on how severe you think the illness is. Use this guidance to help you make that judgement. Remember: if you're concerned about your child's health, contact 111 for advice or consult a health professional.

- **Cough and cold**. A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, contact 111 for advice or visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether your child should stay off school.
- **Raised temperature**. If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better.
- **Rash**. Skin rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or practice nurse before sending them to school.
- **Headache**. A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep the child off school and consult 111 or your GP.
- **Vomiting and diarrhoea**. Children with diarrhoea and/or vomiting should definitely be kept off school until at least 48 hours after their symptoms have gone. Most cases of diarrhoea and vomiting in children get better without treatment, but if symptoms persist, consult your GP.
- **Sore throat**. A sore throat alone doesn't have to keep a child from school. But if it's accompanied by a raised temperature, your child should stay at home.
- **Chickenpox**. If your child has chickenpox, keep them off school until all their spots have crusted over.

Please refer to NHS Website for further information.

Download a PDF of the image below.

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Do I need to keep my child off school?

HSC Public Health Agency

Chicken Pox Until all spots have crusted over	**Conjunctivitis** No need to stay off but school or nursery should be informed	**Diarrhoea & Vomiting** 48 hours from last episode	**Glandular Fever** No need to stay off but school or nursery should be informed	**Hand, foot & mouth** No need to stay off but school or nursery should be informed	**Impetigo** Until lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	**Mumps** 5 days from onset of swelling	**Scabies** Until after first treatment	**Scarlet Fever** 24 hours after commencing antibiotics	**Slapped Cheek** No need to stay off but school or nursery should be informed	**Whooping Cough** 48 Hours after commencing antibiotics
	Flu Until recovered	**Head Lice** No need to stay off but school or nursery should be informed	**Threadworms** No need to stay off but school or nursery should be informed	**Tonsillitis** No need to stay off but school or nursery should be informed	