

Following Government guidelines, the NHS has issued advice for parents to help them decide...

Is my child too ill for school?

Coughs & Colds

It's fine to send your child to school with a minor cough or common cold. Encourage children to throw away used tissues and regularly wash hands.

Conjunctivitis

You don't need to keep your child away from school. Get advice from your pharmacist, encourage children to wash hands regularly and not rub their eyes.

Impetigo

Children will need treatment from a GP, often with antibiotics. Keep them off school until all sores have crusted over/ 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.

Head Lice & Nits

There's no need to keep your child off school if children have head lice. You can treat head lice and nits without seeing a GP and should bring children to school once treated.

Threadworms

Children can attend school and speak to your pharmacist, who can recommend a treatment.

Chickenpox

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

Covid 19

Children can go to school if they have mild symptoms eg runny nose, sore throat, or slight cough. They should try to stay at home and avoid contact with other people if they have a high temperature and/or do not feel well enough to go to school/do normal activities. You are no longer required to do COVID-19 tests but if you have tested positive, try to stay at home and avoid contact with other people for 3 days.

Scarlet Fever

Children will 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.

Sore Throat

You can send your child to school with a sore throat. A sore throat and a high temperature can be symptoms of tonsillitis.

Cold Sores

There's no need to keep your child off school. Encourage children not to touch the blister, kiss anyone while they have the cold sore or to share things like cups and towels.

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.

Hand Foot & Mouth Disease

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

Ringworm

See your pharmacist unless the ringworm is on your child's scalp, in which case you should see a GP. Children can go to school once they have started treatment.

Slapped Cheek Syndrome

Children can go to school once the rash appears as they are no longer infectious. Inform the school or teacher if you think your child has slapped cheek syndrome.

www.nhs.uk/live-well/is-my-child-too-ill-for-school/