



Childhood Illnesses - Guidance for Parents

Please use this handy guide to check if your child should be in school when unwell.

Name of Condition	Symptoms	Going to School	Getting Treatment	More Advice
Chicken Pox	Rash begins as small, red, flat spots that develop into itchy fluid filled blisters		Pharmacy	Not until all vesicles have crusted over, approximately 5 days after on-set of rash.
Common Cold	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eyes		Pharmacy	Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pains, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene
German Measles	Fever, tiredness. Raised, red rash that starts on the face and spreads downwards		GP	Allowed to school 4 days from onset of rash
Glandular Fever	High temperature, sore throat, usually more painful and swollen glands		GP	
Hand, Foot & Mouth disease	Fever, sore throat, headache, blisters inside mouth on tongue & gums		GP	
Head Lice	Itchy scalp		Pharmacy	Allowed to school after treatment
Impetigo	Clusters of red bumps or blisters surrounded by area of redness		GP	Not back to school until lesions are crusted and healed, or 48 hours after starting antibiotic treatment
Measles	Fever, cough, runny nose and watery inflamed eyes. Small red spots with white bluish centres in the mouth, red blotchy rash		GP	Allowed to school 4 days from the onset of rash
Scabies	Intense itching rash may be all over body but usually between fingers, wrists, elbows and arms		GP	Allowed to school after first treatment
Sickness bug/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Allowed to school 48 hours after LAST bout of sickness or diarrhoea
Whooping Cough	Violent coughing over & over until child inhales with 'whooping' sound		GP	Allowed to school Five days from starting antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment