

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	Period of absence
Chicken Pox	Rash begins as small, red, flat spots that develop into itchy fluid filled blisters		Not until all vesicles have crusted over, approximately 5 days after on-set of rash.
Common Cold	Runny nose, sneezing, sore throat		Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eyes		Allowed to school after treatment. Try not to touch eye to avoid spreading
Covid-19	High temperature, cough, loss of smell or taste See footnote for further info		Isolate for 10 days if test is positive
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pains, exhaustion, sore throat (also see Covid-19)		Ensure good hand hygiene
German Measles	Fever, tiredness. Raised, red rash that starts on the face and spreads downwards		Allowed to school 4 days from onset of rash
Glandular Fever	High temperature, sore throat, usually more painful and swollen glands		Keep your child off school if they are feeling unwell
Hand, Foot & Mouth disease	Fever, sore throat, headache, blisters inside mouth on tongue & gums		Keep your child off school if they are feeling unwell
Head Lice	Itchy scalp		Allowed to school after treatment
Impetigo	Clusters of red bumps or blisters surrounded by area of redness		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		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		Allowed to school after first treatment
Sickness bug/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Allowed to school 48 hours after LAST bout of sickness or diarrhoea
Whooping Cough	Violent coughing over & over until child inhales with 'whooping' sound		Allowed to school Five days from starting antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment



Don't go to school,



Can be catching, some restrictions for school attendance



Go to school get treatment as shown.

Child has symptoms

Do not send to school
Book PCR test
Household self isolates
Inform school immediately of PCR result

Covid-19

Child tests positive

Do not send to school
Inform school immediately
Self-isolate for 10 days

Household has symptoms

Do not send to school
Household member book PCR test
Member self isolates
Inform school of results

Household tests positive

Do not send to school
Inform school immediately about the test result