

Should my child go to school today?

## Headache, earache and stomach ache

Children with headache, earache or stomach ache can go to school - just let the staff know they have felt unwell.

Give paracetamol and plenty of fluids to drink. If headache, earache or stomach ache persist

## Period pains

Girls can go to school, give paracetamol and try to keep active.

SEEK MEDICAL ADVICE

## High temperature

Give paracetamol and plenty to drink. After paracetamol, if your child feels better, bring them into school. If the child's high temperature continues for three days or more, seek medical advice.

## Coughs and colds

Children should be given paracetamol, plenty of fluids to drink and can be sent to school. If your child is asthmatic, remember they may need their blue inhaler more often.

## Flu and swine flu

Children should go back to school when recovered - this is usually about five days.

Not sure?  
Ask for help.

Sore throat, tonsillitis and glandular fever

Children should be given paracetamol, plenty of fluids to drink and can be sent to school.

## Diarrhoea and vomiting

Children can return to school 48 hours after the last episode of diarrhoea or vomiting.

Some schools may request your child returns to school after 24 hours. Check the expected date of return with your child's school.

If your child was sick due to a bout of coughing, your child will not require time off school

## Head lice

Children can go to school with head lice but they must be treated for the condition to prevent further spreading.

Parents should treat their children and other family members by wet combing with a nit comb and conditioner.

Repeat the procedure on at least day five, nine and 13 or more frequently in order to clear young lice as they hatch before they have time to reach maturity

See your school nurse for further advice.

## Scabies

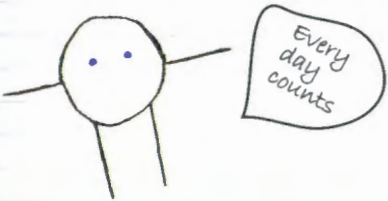
Children can go back to school after the first treatment.

Others at home should be treated.

## Threadworm

Children can go to school when they have started their treatment.

EVERYONE AT HOME SHOULD BE TREATED



Hand, foot and mouth warts, verrucae, athlete's foot and molluscum contagiosum

Children can go to school. Verrucae should be covered in swimming pools and changing rooms.

## Conjunctivitis

Children can go to school. They should be encouraged to wash their hands to prevent further spread of infection.

## Impetigo

Children can go back to school when their lesions are crusted or healed, or two days after starting antibiotics.

## Measles, Chicken Pox and German Measles

**Measles** - Children should go back to school **four days** after the rash has started.

**Chicken pox** - Children should go back to school **five days** after the rash has started.

**German measles** - Children should go back to school **six days** after the rash has started. Please let the school know, as pregnant members of staff may be affected.

## Mumps

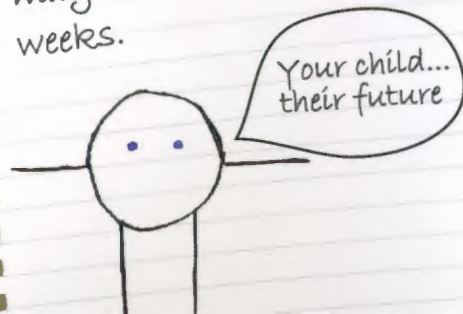
Children should go back to school five days from the start of swollen glands.

As with all infections, checks with your GP or Pharmacist are advisable.

## Whooping cough

Children should go back to school five days after starting antibiotics.

Non-infectious coughing may continue for many weeks.



## What else do I need to know?

### Medicines in school

Children can usually come to school even if they are taking medicines as staff are usually able to give them their medicine in school.

Only prescribed medication is usually allowed in school and must be in date with the child's name and how often it should be given.

Your child may need a health plan, please discuss with the headteacher.

### School nurse drop-in session

Some schools have a drop in session. please ask at the school for this information or for the school nurse contact details should you have any concerns you wish to discuss with them.

### Further advice

You can also contact NHS Direct on 111 OR [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Local pharmacy - see your local pharmacist for help and advice. Please ask the pharmacist about the Minor Ailment Scheme in North Lincolnshire as you don't always need to wait to see a doctor, instead you can get advice and treatment from North Lincolnshire Pharmacies.

Information in this guide is taken from the Public Health England (Health Protection Agency) document 'Guidance on infection control in schools and other childcare settings' - April 2010.

- NHS Choices website

© Acknowledgement and thanks to Solent NHS Trust and barefoot design for the original design of this booklet.