



ST PETER'S CATHOLIC PRIMARY SCHOOL

ABSENCE THROUGH SICKNESS ADVICE

When your child is unwell, it can be hard deciding whether to keep them off school. A few simple guidelines can help.

Not every illness needs to keep your child from school. If you keep your child away from school, be sure to inform the school on the first day 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 your child well enough to do the activities of the school day? If not, keep your child at home.
- Does your child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- Would you take a day off work if you 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. This guidance can help you make that judgment.

Remember: if you're concerned about your child's health, consult a health professional.

- **Cough & Cold** – it's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly.
- **High 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** - 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 your GP.
- **Vomiting and Diarrhea** - Children with these conditions should be kept off school. They can return 48 hours after their symptoms disappear. Most cases of vomiting or diarrhea 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. If it's accompanied by a raised temperature, the child should stay at home.
- **Slapped Check Syndrome**– You don't need to keep your child off school if they

have slapped cheek syndrome because, once the rash appears, they are no longer infectious. (Please let the school or class teacher know if you think your child has this).

- **Threadworms** – You don't need to keep your child off school if they have threadworms. Speak to a pharmacist who can recommend a treatment.
- **Conjunctivitis** – You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to run their eyes and to wash their hands regularly.
- **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 or their high temperature goes away.
- **Hand, Foot & Mouth** – if your child has hand, foot and mouth but seems well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.
- **Head Lice & Nits** – There's no need to keep your child off school if they have head lice. You can treat headlice and nits without seeing a GP.
- **Impetigo** – If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and 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.
- **Ringworm** – if your child has ringworm, see your pharmacist unless its on their scalp, in which case you should see your GP. Its fine for your child to go to school once they have started treatment.
- **Scarlet Fever** – if your child has scarlet fever, they'll 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.
- **Chickenpox** – if your child has chickenpox, keep them, off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.
- **Cold Sores** – There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.