

# Should my child go to school/nursery today?

## High temperature



- Give paracetamol and plenty to drink
- Keep your child off school until their fever goes away
- If the child's high temperature continues for five days or more, seek advice

For more information go to [High Temperature/Fever](#).

## Flu



- Most children will not have the actual flu but if they are diagnosed then they should go back to school when recovered - this is usually about five days
- **Not sure?** seek advice

Find out more about the [Flu Vaccine for Children](#).

For more information go to [High Temperature/Fever](#).

## Diarrhoea and vomiting



- Children should be able to return to school 48 hours after the last episode of diarrhoea or vomiting

For more information go to [Diarrhoea and Vomiting](#).

## Measles, Chicken Pox and German Measles



### Measles

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

For more information go to [Measles](#).

### Chicken Pox

- Cases of chicken pox are generally infectious from 2 days before the rash appears to 5 days after the onset of the rash
- Although the usual exclusion period is 5 days, all lesions should be crusted over before children return to nursery or school

For more information go to [Chickenpox](#).

## German Measles

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

For more information go to [German Measles \(Rubella\)](#).

Note: Measles, Mumps and German Measles (Rubella) (MMR) is a notifiable disease and you may get a ring from a public health professional.

## Mumps



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

For more information go to [Mumps](#).

## Scarlet fever or strep throat



- Children should go back to school 24 hours after starting appropriate antibiotic treatment

For more information go to [Scarlet Fever](#) or [Strep](#).

## Whooping cough



- Children should go back to school five days after starting antibiotics. Non-infectious coughing may continue for many weeks

For more information go to [Whooping Cough](#).

## Conjunctivitis



- Children should be able to go to school

- They should be encouraged to wash their hands after using the toilet and blowing their nose to prevent further spread of infection

For more information go to [Conjunctivitis](#).

## Coughs and colds



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

For more information go to [Cough and Cold](#).

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



- Children should be able to go to school
- Most children develop immunity from verrucae but if they can wear a plaster where possible
- Don't avoid swimming

For more information go to [Hand, foot and mouth](#), [Warts and Verrucae](#), [Athletes Foot](#), [Molluscum Contagiosum](#).

## Headache, earache and stomach ache



- Children with headache, earache or stomach ache should be able to 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... seek advice

For more information go to [Earache](#) and/or [Tummy Ache](#).

## Head lice



- Children should be able to 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

## Impetigo



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

For more information go to [Impetigo](#).

## Scabies



- Children should go back to school after the [first treatment](#)
- Others at home should be treated

## Shingles



- Children should go back to school once the [shingles](#) rash has stopped weeping and is covered up

## Sore throat, tonsillitis and glandular fever



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

For more information go to [Sore Throat](#).

## Threadworm



- Children should go to school when they have started their [treatment](#)
- Everyone at home should be treated
- They should be encouraged to wash their hands after using the toilet and blowing their nose to prevent further spread of infection

## What else do I need to know?



### Medicines in school

- Children should come to school even if they are taking medicines, as staff are able to give them prescribed medicine in school
- Please make sure the bottle has a pharmacy label detailing your child's name, dosage and how frequently they should have it
- Please discuss with the headteacher

### School nurse drop-in session

- Your school nurse is available to meet with you in school. Please ask reception for the school nurse's contact details

### Further advice

- You can also contact [NHS 111](#)
- Local pharmacy - see your [local pharmacist](#) for help and advice. In some areas there is a new minor ailment service available (check with your GP for details) called **Pharmacy First**. If your child has certain minor ailments or conditions you may be eligible for the 'Pharmacy First' service which enables those who get free prescriptions to go straight to their pharmacist for a consultation, instead of going to their GP for a prescription
- Caution needs to be taken with children who are more susceptible to severe infection due to **an underlying long term medical condition** or **being immunocompromised**. These children are more likely to require medical review when unwell and are less likely to be able to attend school/nursery

## Over the counter medications



If your child's school or nursery says that they are unable to give any medication without a prescription, this is incorrect. Over the counter medications, such as hay fever treatment or simple pain relief may be given as long as dosing instructions are clearly written on the medication. Your pharmacist will label your medication appropriately if you ask them to. Please do not make a GP appointment to obtain over the counter medications with a prescription, you will be advised to get this from the pharmacy directly.

Information in this guide is taken from the Public Health England guidelines “Health protection in schools and other childcare facilities: [A practical guide for staff on managing cases of infectious diseases in schools and other childcare settings](#).”

For more information, [click here](#).