



Is my child “too ill to attend school”?

Information on whether your child should attend school based on NHS guidance:

Coughs and colds

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.

High temperature

If your child has a high temperature, keep them off school until it goes away. NHS say a high temp is 38c or more and but measurements between 35.5 and 37.5 are normal.

Vomiting and diarrhoea

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Period pains

As this is not an illness, this is not something we can authorise time off for, unless you are seeing a GP or a Consultant due to the severity. Please speak to Mrs Oakley, if that is the case.

Hay fever

Children with Hay fever should still attend school, please maintain their regular medication.

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 pox first appeared.

Cold sores

There's **no need** to keep your child off school if they have a cold sore.

Conjunctivitis

You don't need to keep your child away from school if they have conjunctivitis.

Coronavirus (COVID-19)

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

If they have mild symptoms and they feel well enough, they can still go to school.

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 and mouth disease



If your child has hand, foot and mouth disease but seems well enough to go to school, there's **no need to keep them off**.

Head lice and nits

There's **no need to** keep your child off school if they have head lice.

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.

Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. **It's 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.**

Slapped cheek syndrome (fifth disease)

You **don't need to keep your child off school** if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms

You **don't need** to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment.

Other Concerns?

Please, if you are ever unsure on whether your child is too ill to attend school and would like guidance, email attendance@sics.org.uk and we will endeavour to guide you as best we can.

In the event that your child comes into school and becomes too ill to remain with us they will be cared for by our experienced team of first aiders and if necessary we will contact you to arrange you coming to pick them up.