

When your child is poorly

When your child is unwell, it can be hard deciding whether to keep them off school. Not every illness requires time away from school, however if your child is absent from school it is very important to inform us on the first day of your child's absence.

A few simple guidelines can help.

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? I
- Does your child have a condition that could be passed on to other children or school staff?

If your child is unwell at school we will contact you to have your child picked up if they are too poorly to engage in school activities. Please ensure we have your up to date phone numbers and emergency contact details.

Common conditions

If your child is ill, it's likely to be due to one of a few minor health conditions.

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

•Cough and cold. A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether the child should stay off school. Get more information in Common cold.

•Raised temperature. If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better. Learn more in Feverish illness in children.

•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 diarrhoea. Children with these conditions should be kept off school. They can return 48 hours after their symptoms disappear. Most cases of vomiting or diarrhoea get better without treatment, but if symptoms persist, consult your GP. Learn more in Rotavirus gastroenteritis.

- 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.

The following links provide a range of information to advise parents on the best course of action for a variety of health related conditions...

<http://www.nhs.uk/tools/pages/childhoodillness.aspx>

<http://www.gpnotebook.co.uk/simplepage.cfm?!D=302383177>