

Can you go to school today?



Coughs & Colds:



I can come to school with a cough or cold.

If my cough is severe or lasts more than a couple of weeks I might need to get checked out by my GP.



High temperature/fever:

If I have a temperature of 38 degrees or more I will need some medicine to bring it down. As long as the medicine works and I am feeling well enough I can still come to school.



Medication:

I don't need to stay at home if I am taking medicine. You are always welcome to come to school to give it to me during the day.



Warts, Verrucas and Athlete's Foot:

I can go to school as normal but please make sure you see our local chemist or GP for treatment.



Vomiting and Diarrhoea:

If I have been sick or have diarrhoea (frequent loose stools) I need to stay home from school. I can go back to school 48 hours after the last time I was sick or had diarrhoea.



Sore throat:

There are lots of reasons I might have a sore throat. I can go to school as long as I am well enough. If you need to you can come to school to give me medicine during the day.



Flu and common viral infections:



As long as I am feeling well enough I can go back to school once my temperature is normal or can be managed comfortably with medicine.

Please remember that bringing up mucus because I have a cough is not the same as being sick because I have an upset tummy.

Cold sores:

I don't need to stay off school.



Stomach aches and Headaches:

I can go to school as normal but it might be best to give me some medicine to help me feel more comfortable before I go. If the pain lasts more than a day or two or I develop any other symptoms (blurred vision, dizziness etc.) it's probably a good idea to get me checked out by my doctor.



If I have any of the conditions below please make sure you tell the school office. Some of them are really contagious and other families need to know to look out for symptoms. While all of them are common or mild for me and most of my friends some of them might be more serious for children and grown-ups with weakened immune systems or pregnant mummies and we should make sure everyone knows so they can stay well.

Chicken pox:

Even though it is really itchy and annoying chicken pox is usually a common and mild illness. I don't need to wait for all of the scabs from my spots to disappear before I can come back to school. Once all of my blisters have turned into dry scabs I am OK to return to class. This usually takes about five days.



Head lice:

I can come into school as soon as I have been treated.



Threadworms:

Just like with head lice I can come into school once I have been treated for threadworms.

Ringworm:

I can come into school as soon as I have started treatment.

Conjunctivitis:

I can go back to school as soon as I have started treatment (see your local chemist or GP). I should be encouraged to wash my hands so that it doesn't spread to my family or friends at school.



Slapped cheek syndrome (fifth disease):

I don't have to stay off school once the rash has appeared, unless I am still poorly.

Whooping Cough:

I will need to stay home for at least 48 hours after starting antibiotics.



Hand, foot & mouth:



I should stay home for five days.



Scarlet Fever:

I should stay at home for at least 24 hours after starting antibiotics.

Impetigo:

I can come back to school 48 hours after starting treatment. If I am not using any treatment I will need to wait until the lesions have completely dried up.

Scabies:

I need to stay home until my whole family has had the first treatment. Please make sure our bedding and towels are washed at a minimum of 50 degrees when I am treated or it might not work.

Measles:



I must stay at home for at least four days after the rash develops.

Mumps:

I will need to stay at home for at least five days after my symptoms start.



Rubella:

I must stay at home for at least four days after the rash develops.