



Managing Sickness and Absence

A Guide for Parents, Carers and Young People

Illness

As we all know children are sometimes too ill to attend school. This guide has been designed to help you decide whether or not your child needs to be absent from school.

Ask yourself these questions:

- Is your child well enough to go out to socialise?
- Is your child well enough to carry out their daily school activities?

If you have answered 'no' then it is advised you seek advice by dialling 111 or consult your GP if necessary.

- Does your child have a condition that can be passed on to other children?
- Would you take a day off work if you had the same condition?

If you have answered 'yes' it is advised you seek advice by dialling 111 or consult your GP if necessary.

A number of illnesses can be classified as a minor health condition and whether you send your child to school will depend on how ill you deem your child to be.

There is a range of common conditions that occur in school-age children and they all have carrying incubation periods based on the guide lines of the Health Protection Agency (HPA). There may be children and staff who are at greater risk to infectious disease who need to be protected where possible.

Any health-related enquiries should be directed to health professionals on the national helpline 111 or your family GP/health visitor. The following table from the Health Protection Agency provides guidance for parents and carers on the recommended time off school:

Illness	Recommended time off school	Comments
Hand, foot and mouth	None	Please contact your local health board if a large number of children are affected. Children may be required to refrain from school in some circumstances.
Conjunctivitis	None	If an outbreak occurs contact your local health board.
Glandular fever	None	
Head lice	None	Treatment is required after school and overnight, tie hair up to prevent.
Threadworm	None	Treatment is recommended for the child and all household contacts.
Tonsillitis	None	There are many causes but most are due to viruses and do not need an antibiotic.
Slapped cheek	None	Keep away from vulnerable children and pregnant females.
Chickenpox	Until all vesicles have crusted over	Keep away from vulnerable children and pregnant females.



impetigo	Until lesions are crusted and healed or 48 hours after commencing antibiotic treatment.	Antibiotics reduce the infectious period.
German measles (Rubella)	4 days from onset of rash	Preventable by immunisation (MMRx2).
Measles	4 days from onset of rash	Preventable by immunisation (MMRx2).
Ringworm (Scabies)	Child to return after first treatment	People with close contact require treatment.
Scarlet fever	Child can return 24 hours after commencing antibiotic treatment	Seek advice from GP as antibiotic treatment recommended.
Shingles	Keep home only if rash is weeping and cannot be covered	Can cause chickenpox in people who are not immune. Keep away from vulnerable children and pregnant females.
Diarrhoea or vomiting	Keep home for 24 hours from the last episode of vomiting/ diarrhoea	Many causes, if persistent see GP as further time off school may be required.
Norovirus (winter vomiting bug)	Keep home for 48 hours from the last episode of vomiting/ diarrhoea	Many causes, if persistent see GP as further time off school may be required.
Flu	Until recovered	Avoid contact with vulnerable children and babies.
Whooping cough	5 days from commencing antibiotic treatment or 21 days from onset of illness if no antibiotic treatment	Preventable by vaccination. After treatment, non-infectious coughing may continue for many weeks.
Mumps	5 days after onset of swelling	Preventable by immunisation (MMRx2).
Coronavirus	Begin 7 day self-isolation and book a test.	Refer to NHS for latest information.

Remember

The spread of infection can be greatly reduced by ensuring routine immunisations, high standards of personal hygiene, particularly hand washing and maintaining a clean environment.

We monitor attendance and engage with parents as soon as a pattern of absence is identified. Always try to inform us before school every day your child is absent due to illness.

By law, only the school can authorise your child's absence. It is important to keep us informed if your child is going to be absent. If your child is frequently missing school due to illness, medical confirmation may be requested from your GP and/or a referral may be made to the Behaviour and Attendance Service (ESBAS).

Where possible please try to keep medical appointments to after school.

If your child attends school and feels unwell they will be assessed by a trained first-aider, who will make the decision as to whether the child should be collected or remain in school. The final decision lies with the school.

For further help or advice feel free to contact NHS 111.

Percentage absence – what it really means...

Percentage	Days off	Weeks off	Hours missed
100%	0	0	0
95%	9	2	45
90%	19	4	95
85%	29	6	145