



HEALTH GUIDANCE FOR COMMON CHILDHOOD ILLNESSES

CHICKEN POX

Chicken pox is most infectious from just before the rash occurs and up to five days after the first appearance. The rash consists of small blister like lesions which can occur anywhere but mainly on the trunk.

Children should be kept away from school until the blisters have crusted over (usually five to six days after the start of the rash).

COLD SORES

Cold sores are generally a mild disease, but in small children can be passed on very easily. **Your child may attend school as long as the sore is not open and weeping.**

CONJUNCTIVITIS

Conjunctivitis causes red, sore or itchy eyes. Some children may need treatment. **No child need to be absent from school.** However if there are a number of cases parents will be requested to keep their children at home.

DIARRHOEA and VOMITTING

Diarrhoea and vomiting are common and there are many causes. **Children should not return to school until 48 hours after the last symptoms.** In addition some children may feel weak after diarrhoea has stopped, and therefore may need a few more days at home.

GERMAN MEASLES

German measles is also called rubella. Children may have a red rash, mild fever and slightly swollen glands. **Children should be kept away for four days after the onset of the rash.**

HAND, FOOT AND MOUTH DISEASE

Hand, foot and mouth disease is a mild illness that may give blisters on the palms, soles and in the mouth. However there is no need to keep your child from school as long as they are well, because transmission to others takes place before the symptoms appear.

HEADLICE

If live lice are seen please treat your child using the wet-combing method and inform the school that this has been done. **There is no need to keep the child away from school.**

IMPETIGO

Impetigo is caused by a bacterial infection of broken skin, usually on the face and around the mouth. **Children should be kept at home until the skin has crusted over, or kept at home for 48 hours after antibiotic treatment. If there is a recurrence of the infection medical advice should be sought.**

MEASLES

Measles is a red rash which usually appears behind the ears and on the face and then spreads in blotches. There may be a fever and the child becomes listless with red eyes and a runny nose. **Children should remain at home for four days after the start of the rash and should only return to school when well enough.** Parents should seek medical advice from their doctor.

MUMPS

A child with mumps should be off school for five days after the onset of swollen glands and must only return to school when well enough. Parents should seek medical advice from their doctor.

SCARLET FEVER

The early signs of Scarlet Fever include a sore throat, headache, nausea and vomiting. After 12 to 48 hours a red pinhead rash develops first appearing on the chest and stomach, then rapidly spreading to other parts of the body. **A child is able to return to school 24 hours after starting antibiotic treatment if they are well enough.**

SHINGLES

Your child may attend school as long as the rash is not weeping.

SLAPPED CHEEK DISEASE

This disease shows itself as a fever and bright red cheeks. **If well enough children may be in school; they are infectious before the disease becomes apparent.**

*Document reference: Health Guidance for Schools
Spring 2014*

Please remember if your child is unwell and needs to take time off, that you phone the school before 9.00am and either speak to a member of staff or leave a message stating the child's name, class and what is wrong with them.

Please can you call every day that they are off sick.

Thank you.