



**Should my child go to
school today?**



High Temperature

Give paracetamol and plenty of water. If your child starts to feel better, bring them in to school. If a temperature continues for 3 days or more, seek medical advice.

Coughs and Colds

Children should be given paracetamol, plenty of fluids and can be sent to school. If your child is asthmatic, remember that they may need their inhaler more often.

Flu & Swine Flu

Children should return to school once they have recovered – this is usually within 5 days. All bouts of flu need to be supported with a doctor's note.

Sore throat, tonsillitis & glandular fever

Children should be given paracetamol, plenty of fluids to drink and can be sent to school.

Diarrhoea & Vomiting

Children can return to school 24 hours after the last episode of diarrhoea or vomiting.

If your child has been sick due to a bout of coughing then they do not require to be off school.

Period Pains

Girls can go to school, give paracetamol and encourage them to try and stay active.

Headache, Earache & Stomach Ache

Children with any of these symptoms can go to school – just make sure they let a member of staff know they feel unwell. Give paracetamol and plenty of fluids.

Conjunctivitis

Children can go to school. Encourage them to wash their hands to prevent the spread of infection

Whooping Cough

Children should return to school 5 days after starting on antibiotics. Non-infectious coughing may continue for many weeks.

Measles, Chicken Pox & German Measles

Measles: Children can return to school 4 days after the rash has started.

Chicken Pox: Children can return to school 5 days after the rash has started.

German Measles: Children can return to school 6 days after the rash has started.

All should be supported with a doctors note and school should be informed as pregnant members of staff can be affected.

Impetigo

Children can go back to school once the lesions are crusted or healed, or two days after starting antibiotics.

Head Lice

Children can go to school with head lice but they must be treated for the condition to prevent spreading.

You should treat your child by wet combing with a nit comb and conditioner.

Repeat this procedure on at least day 5, day 9 and day 13.

See the school nurse for further advice.

Scabies

Children can return to school after the first treatment.

Other people in the family home should also be treated.

Threadworm

Children can go back to school when they have started their first treatment. Everyone in the family home should be treated.

Hand, foot and mouth, warts, verrucae, athlete's foot & molluscum contagiosum

Children can go to school. Verrucae should always be covered in changing rooms.

Further Advice...

You can always contact NHS direct on **111** or visit www.nhsdirect.nhs.uk

Local Pharmacy

See your local pharmacist for help and advice. Please ask them about the Minor Ailments Scheme as you will not always need to wait to see a doctor. Instead, you can get advice and treatment from North Lincolnshire Pharmacies.

School Nurse

We do run drop in sessions, please contact the front office if you would like further information –
01724 710368