

## Medical Guidance for Parents/Carers

We know that it can be tricky deciding whether to keep your child off School when they are unwell. The following information has been put together to act as a guide to parents and carers to ensure that we keep our school community safe. The following has been put together as a guide for you to consider. It covers some, but not all, the more common illnesses, that our children may face.

There are also Government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#) and NHS recommendations for [Is my child too ill for school? - NHS \(www.nhs.uk\)](#). These say when children should be kept off School and when they should not. If you do keep your child at home, it is important to contact us to let us know that your child will not be in and to give the reason.

### **COVID 19**

There are no longer official rules around COVID-19 isolation. The person who tested positive should stay off school if they are unwell. If they are well, it is [suggested that under 18s isolate for 3 days after the test day](#). This is not compulsory and mask wearing is permitted.

### **OTHER ILLNESSES**

#### **Coughs and colds**

It is fine to send your child to School with a minor [cough](#) or [common cold](#). But if they have a fever, you should keep them off School until the fever goes.

Encourage good respiratory hygiene, for example for your child to throw away any used tissues and to wash their hands regularly in the home, to prevent further spread.

#### **A fever**

We respectfully ask that you please keep your child away from School until the [fever](#) has passed. You should not send your child into School if you have needed to give them medication to keep their temperature at bay. We do understand the pressure that parents are under but ask that you are respectful of any decision that we need to make, regarding your child's health and attendance in School.

#### **Vomiting and diarrhoea**

Children with infective [diarrhoea or vomiting](#) should stay away from School for 48 hours after their symptoms have gone. This would not be the case if the child for example was sick for any other reason, e.g., anxiety or travel sickness. You must let School know so we can be vigilant for other children too.

#### **Chickenpox**

If your child has [chickenpox](#), keep them off School until all the spots have crusted over. This is usually around 5 days after the spots first appeared.

#### **Cold sores**

There is no need to keep your child off School if they have a [cold sore](#).

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

## **Conjunctivitis**

There is no need to keep your child off School if they have [conjunctivitis](#).

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

## **Ear infection**

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off School until they're feeling better, or their high temperature goes away. Most ear infections get better without any treatment, but if pain and discomfort extend beyond 5 days, they may need to be seen by the GP for treatment.

## **Nose bleeds**

You can still send your child to school after a [nosebleed](#) has stopped. Nosebleeds are not usually a sign of anything serious. They're common, particularly in children, and most can be easily treated. If your child has a nosebleed, it should not last more than 10-15 minutes. To stop a nosebleed, you should sit them down and lean them forward, with their head tilted forward, pinch their nose just above their nostrils for 10 to 15 minutes, and let them breathe through their mouth. Should the nosebleeds be regular or severe, please contact your GP.

## **Period Pain**

Please note, that we will not authorise absence due to period pain, unless medical evidence has been provided. For advice on how to manage period pain, please visit the [NHS website](#).

## **Sore throat**

You can still send your child to School if they have a [sore throat](#), however if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of [tonsillitis](#) and can be treated. Speak to your pharmacist, who can recommend a treatment or your GP or 111.

## **Group A Streptococcus (GAS)/Scarlet Fever**

Group A streptococci is a type of bacterium that can cause scarlet fever and although this is rare – it can get into the bloodstream and cause an illness called invasive Group A strep (iGAS). This can cause other respiratory and skin infections too such as strep throat and impetigo. Scarlet fever itself is usually a mild illness, but it is highly infectious. Further information on scarlet fever is available [here](#).

If your child has scarlet fever, they need to be kept at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

## **Measles**

If your child has measles, they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily.

Keep your child off school for at least 4 days from when the rash first appears.

They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

### **Feeling anxious or worried**

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache or have problems eating or sleeping.

Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them.

If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse.