

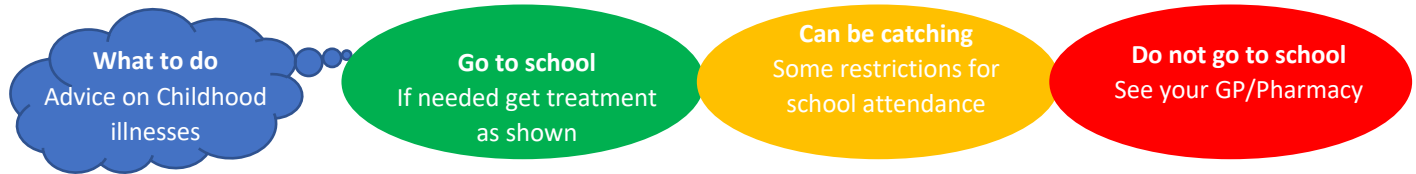
# Is My Child too Unwell for School?

When your child is unwell, it can be a hard decision to make on whether to send them to school. We trust your judgement as parents and carers to use your common sense on whether your child is too ill to attend school.

Occasionally, your child may wake up feeling a “little under the weather” or with aches, pains or a minor illness but they do not need to remain at home. Many children who come into school often brighten up and feel better when they are with their friends. We will keep a close eye on them and will always call you if their condition worsens or is contagious.

Don't forget if your child feels better or if they have had a broken night's sleep, they can always come to school later in the morning or after lunch.

Please be aware that absence or illness of a pupil should not affect the education of their siblings.



What it's called	Going to School	Getting treatment	More advice
Chicken Pox	Red	Pharmacy	Keep off school for at least 5 days from onset rash and until all blisters have crusted over.
Cold Sores	Green	Pharmacy	Encourage good hand hygiene and do not touch the area.
Common Cold/Cough	Green	Pharmacy	Can attend school. Ensure good hand hygiene. Encourage “catch it, bin it, kill it”
Conjunctivitis	Green	Pharmacy	Try not to rub eyes and encourage good hand hygiene.
Coronavirus	Yellow		Avoid contact with others. Can return to school after 3 days after the onset of symptoms – or as per current Government Guidelines.
Flu	Yellow	Pharmacy	Ensure good hand hygiene.
Diarrhoea and Sickness	Yellow		Do Not send to school until 48 hours after last episode. If continues for more than 48 hours seek medical advice. (24 hours if only sickness)
German Measles	Red	G.P.	Back to school after 6 days from on-set of rash.
Glandular Fever	Green	G.P.	Can attend school, if feeling well enough and able to concentrate
Hand Foot & Mouth	Green	G.P.	Can attend school, if feeling well enough. Advise school.
Head lice/Nits	Green	Pharmacy	Can attend school, get treatment from Pharmacy and advise school.
Impetigo	Red	G.P.	Keep off school until all sores have crusted over or 48 hours after starting antibiotic treatment.
Measles	Red	G.P.	Keep off for 4 days after onset of rash.
Ringworm	Green	G.P.	Can attend school once started treatment.
Scarlet Fever	Yellow	G.P.	Can return 24 hours after starting antibiotic treatment.
Scabies	Yellow	G.P.	Can return after they have had their first treatment.
Slapped Cheek	Yellow	G.P.	Once rash has appeared no longer infectious and can return to school. Advise school.
Threadworms	Green	Pharmacy	Can attend school.
Tonsillitis	Green	G.P.	See G.P if temperature lasts more than 48 hours.

Prevention: Up-to-date childhood Immunisations can prevent many diseases such as Measles, Mumps, German Measles, chicken pox. Please speak to your G.P.

This leaflet has been produced as a guide in conjunction with information from:  
[Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk) and [Guidance on infection control in schools poster.pdf \(hscni.net\)](https://www.hscni.net)