



Common Ailments Attendance Leaflet



Vomiting and diarrhoea
If a child is vomiting or has diarrhoea, keep them off school and ensure adequate fluid intake. Children can return to school 48 hours after the last episode of diarrhoea or vomiting.

Rashes
A rash could be the first sign of one of childhood's many illnesses, such as chicken pox or measles. The rash or 'spots' may cover the entire body or just appear in only one area. Do not send a child to school with an unexplained rash or skin eruption until you have consulted your doctor.

Aches and pains
If a child has a persistent tooth or ear ache, they need to see a dentist or a doctor without delay. A child whose complaint is slight headache does not need to be kept at home

Sore throat
If your child complains of a slight sore throat and has no other symptoms, they are fit to go to school. If the sore throat occurs with a raised temperature, they need to stay at home.

Medical appointments
Where possible please arrange doctor, dentist and optician appointments outside of school hours. If this is not possible, your child should attend school for the remainder of the day.

Raised temperature (fever)
If a child looks or feels shivery, usually cold or hot, they may have a raised temperature. This may be due to a variety of reasons. If a child has a raised temperature (over 38C), they should not be in school. It is important to measure the temperature accurately with a thermometer. However, they should be able to return to school 24 hours.

Colds and coughs
A child may attend school with slight cold and cough. Occasionally coughs can be persistent and can last for weeks. However, children with bad or long-lasting coughs need to see their GP. Once treated or when the cough is controlled or disappearing and the child is feeling better, they need to return to school.

Please remember that early morning aches often pass, so don't keep your child at home 'just in case' when they could be learning in class. Tell school staff and they will phone you if your child continues to have symptoms or report that they are well.

Lack of sleep
Establishing good habits is important. Ensure that your child goes to bed early as lack of sleep will affect his/her ability to function in the morning, leading to lateness. However, tiredness is not a valid reason to not be in school.

Tummy ache
If a child complains of 'non severe' tummy ache, headache or other symptoms persistently and not wanting to attend school, this may be linked to something else. Speak to your child, the teacher or SENCO to discuss and find ways of dealing with it.

Ailments and recommendations

Chicken pox: Return to school 5 days from rash onset

Conjunctivitis: No need to be off school.

Diarrhoea and Vomiting: Children can return to school 48 hours from last episode of diarrhoea or vomiting.

Flu (Influenza): Children should return to school as soon as they have recovered.

German Measles (Rubella): Keep off school for 5 days from onset of rash. **Glandular Fever:** No need to be off school.

Head Lice (Nits): No need to be off school.

Impetigo: Keep off school until lesions are crusted or healed.

Measles: Keep off school for 5 days from onset of rash.

Mumps: Keep off school for 5 days from onset of swollen glands. **Ringworm:** Keep off school only until treatment commenced.

Scabies: Child can return after first treatment..

Threadworms: Children should attend school.

Warts and Verrucae: Children should attend school

Don't forget to call the school office on 0161 921 2400 if your child is unable to come into school