



In order to ensure that our school is maintaining high standards of health and safety regulations, we would like to provide guidelines for parents to take note of with regards to keeping your child at home from school due to illness.

### High temperature

If your child has a raised temperature – anything over 37.5°C – they should stay off school.

#### **When can they go back to school?**

When the temperature returns to normal for 24 hours, then it's fine for your child to go back to school as long as they don't have any other symptoms.

### Headache

Lots of things can cause mild headaches, from tiredness to eye-strain. If your child has a headache that persists or is severe though, you should always consult your GP.

#### **When can they go back to school?**

Your child doesn't need to miss school because of a mild headache. If it's a recurring problem or is accompanied by other symptoms, you should consult your GP.

### Vomiting and diarrhoea

If your child is feeling queasy or has tummy ache, but this passes, you can send them to school. You should, however, flag up any concerns with the teacher and make sure the school has your contact details.

If your child actually vomits, you'll need to keep them off school for at least 48 hours, even if they appear to feel better. The same is true for an episode of diarrhoea.

Most cases of vomiting or diarrhoea pass with rest and rehydration, but if your child seems very unwell, contact your GP.

#### **When can they go back to school?**

Your child cannot return to school until 48 hours have passed without any vomiting or diarrhoea.

### Cough, minor cold or sore throat

If your child has a cough or a sore throat but no other symptoms, then they are probably fine to go to school. However, if they have a raised temperature, are drowsy or get the shivers, keep them off school.

#### **When can they go back to school?**

Give your child 24 hours after symptoms subside before sending them back to school.

### Rashes

Children can get rashes for all sorts of innocent reasons, from heat rash to a change of washing powder, but they can also be a symptom of a more serious problem like measles or chicken pox.

If you are in any doubt, or the rash is accompanied by your child feeling rundown, hot or nauseous, keep them off school and see your GP.

### **When can they go back to school?**

It's best to get your GP's guidance here.

With chickenpox, the spots may take a couple of weeks to disappear, but your child is fine to go back to school once the spots have crusted over and dried up completely. This tends to be around 14 days after the first spots appear, but it can vary.

### **Infective Conjunctivitis**

Conjunctivitis, or "pink eye" happens when the conjunctiva of the eye becomes inflamed. The eye can become red or pink, swollen, and irritated, and there may be mucus. Infective conjunctivitis can be highly contagious. Children with conjunctivitis should not go to school or day care until their eyes are better.

### **When can they go back to school?**

It's best to return to school if the obvious symptoms of pink eye no longer are present — usually after 7 days.

### **Mumps**

Mumps is a contagious disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, followed by swollen salivary glands.

### **When can they go back to school?**

Children with Mumps should stay at home for 14 days after onset of swelling.

Keep in touch with your child's school

If your child needs to stay at home, call the school's receptionists or email your child's class teacher as early as you can that day. Please hand in a doctor's note once your child is back at school, if your child is very ill or diagnosed with contagious disease or off for some time.

### **Hand, foot and mouth disease**

Hand foot and mouth is a common illness that affects a lot of young children during different seasons and can be picked up from a number of places such as restaurants, play areas and of course school. When we are informed of a confirmed case of HFM, we will notify all parents from the class and the classroom will be given a deep clean and UV treatment to ensure all viruses are eliminated. We ask that you keep your child at home for 14 days to ensure the contagious virus is not shared with peers.