

When your child is unwell, it can be hard deciding whether to keep them off school, especially as we are so keen to maintain great attendance for every child

These guidelines may help

(see www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx for more details)

Not every illness needs to keep your child from school. If you keep your child at home, be sure to inform us on the first day of their absence.

Ask yourself the following questions.

- Is your child well enough to do the activities of the school day? If not, keep your child at home.
- Does your child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- Would you take a day off work if you had this condition? If so, keep your child at home.

Common conditions

Whether you send your child to school will depend on how severe you think the illness is. This guidance can help you make that judgement.

Remember: if you're concerned about your child's health, consult a health professional.

- **Cough and cold.** A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school. If your child has a more severe and long-lasting cough, consult your GP.
- **Raised temperature.** If your child has a raised temperature, they shouldn't attend school. They can return once they start to feel better.
- **Rash.** Rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or practice nurse before sending them to school.
- **Headache.** A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep your child off school and consult your GP.
- **Vomiting and diarrhoea.** Children with these conditions should be kept off school and it is important to take steps to prevent the spread of infection to other children and adults in school. They can return 48 hours after their symptoms disappear. Most cases of vomiting or diarrhoea get better without treatment, but if symptoms persist, consult your GP.
- **Sore throat.** A sore throat alone doesn't have to keep a child from school. If it's accompanied by a raised temperature, your child should stay at home.

Tell us

It's important to inform us if your child is going to be absent. On the first day of your child's illness, please telephone and we will ask about the nature of the illness and how long you expect the absence to last.

If it becomes clear that your child will be away for longer than expected, 'phone us as soon as possible.

Good hygiene practice

Hand washing is one of the most important ways of controlling the spread of infection, especially those that cause vomiting and diarrhoea, and respiratory disease. We will encourage children to wash their hands after using the toilet, before eating or handling food, and after handling animals. Please support us in this at home.

Health Protection Agency

We follow the Health Protection Agency guidance on infection control in schools. For more information you may wish to visit their website www.hpa.org.uk