

The NHS gives the following advice on how long children should stay off school if they're unwell.

In order for us to best protect vulnerable children and staff please let the Office know immediately if your child is unwell with any of the following.

<b>VOMITING OR DIARRHOEA</b>	Children can return to school 48 hours after the symptoms have stopped
<b>CHICKENPOX</b>	Children can return to school when all the spots have crusted over – usually five days after they first appeared
<b>IMPETIGO</b>	48 hours after starting prescription medication, or when the patches have crusted over if they aren't taking medication
<b>SCARLET FEVER</b>	Children can return to school 24 hours after starting antibiotics, or two weeks after the symptoms start, if they aren't taking medication
<b>HAND, FOOT AND MOUTH</b>	As long as your child is feeling unwell – there's no need to wait until the blisters heal
<b>MEASLES</b>	Children can return to school five days after the rash develops
<b>GERMAN MEASLES</b>	Four days after the rash has started. Please let school know, as pregnant members of staff may be affected
<b>SCABIES</b>	Children can return to school 24 hours after the first treatment. Others at home must be treated.
<b>SHINGLES</b>	Children can return to school when the last blister has scabbed – usually 10 to 14 days after they first appear
<b>FLU</b>	Children can return to school five days after the rash has started
<b>MUMPS</b>	Children can return to school five days from the start of the swollen glands
<b>SLAPPED CHEEK</b>	Children can go back to school once the rash has developed. Please let school know, as pregnant members of staff may be affected
<b>WHOOPING COUGH</b>	Children can return to school two days after starting antibiotics
<p>There's no need for your child to stay off school with these conditions, unless they're feeling unwell:</p> <ul style="list-style-type: none"> <li>• Head lice: Children can go into school but they must be treated for the condition to prevent further spreading</li> <li>• Coughs and colds: Children should be given paracetamol and plenty of fluids to drink. If your child is asthmatic, remember they may need their blue inhaler more often</li> <li>• Threadworms: Child, and everyone at home, must be treated</li> <li>• Ringworm</li> <li>• Verrucas: Must be covered with a plaster for PE and swimming</li> <li>• Conjunctivitis: Children must wash their hands to prevent further spread</li> <li>• High Temperature: Give paracetamol and plenty to drink. If the child's temperature continues for three days or more, seek medical attention</li> <li>• Headache, earache &amp; stomach ache: Give paracetamol and plenty to drink. If the child's symptoms persist seek medical attention</li> </ul>	

#### HOW TO HELP PREVENT ILLNESS

- Keep your children safe from infection by teaching them to wash their hands with soap and water after using the toilet, before eating or handling food and after touching animals.
- Coughs and Sneezes spread diseases. Encourage your child to cover their mouth and nose with a disposable tissue and to wash their hands after using or disposing of tissues.
- Make sure your child is protected by being up to date with the vaccinations they need.