

Remember

You can prevent the spread of infections by ensuring routine immunisations, high standards of personal hygiene, particularly hand washing and maintaining a clean environment.

Always try to inform the school before 9.30 am every day your child is absent from school due to illness.

By law, only the Headteacher can authorise your child's absence. It is important to keep the school informed if your child is going to be absent that day.

Each school has its own process for recording and monitoring of sickness absence. If your child is frequently missing school due to illness, medical evidence may be requested from your GP.

If your child attends school and feels unwell during the school day the school will contact you to arrange for them to be collected.

St Mary and St Thomas' C of E Primary School



Believe Achieve and Shine

A parents guide to

MANAGING SICKNESS ABSENCE FROM SCHOOL



Illness

As we all know children are sometimes too ill to attend school. All schools monitor attendance and engage with parents as soon as a pattern of absence is identified.

This leaflet has been designed to help you decide whether or not your child is too unwell to attend school.

Ask yourself these questions:

Is your child well enough to go out to play?

Is your child well enough to carry out their daily school activities?

If you answered **No** then it is advised you seek advice from NHS Direct or consult your GP if necessary.

Does your child have a condition that can be passed on to other children?

Would you take a day off work if you had the same condition?

If you answered **Yes** it is advised you seek advice from NHS Direct or consult your GP if necessary.

A number of illnesses can be classified as a minor health condition and whether you send your child to school will depend on how ill you deem your child to be.

There is a range of common conditions that occur in school age children and they all have varying incubation periods based on the guidelines of the Health Protection Agency (HPA). There may be children and staff who are at greater risk to infectious disease who need to be protected where possible.

Any health related enquiries should be directed to your family GP alternatively visit www.nhs.uk or contact the NHS helpline on 111. The helpline is open 24 hours a day 7 days a week.

Illness	Recommended time off school	Comments
Hand Foot and Mouth	None	Contact your local PHE centre if a large number of children are affected. Exclusion may be considered in some circumstances.
Conjunctivitis	None	If an outbreak/cluster occurs, consult your local PHE centre
Glandular fever	None	
Head lice	None	Treatment is recommended for the child and all household contacts
Threadworm	None	Treatment is recommended for the child and household contacts
Tonsillitis	None	There are many causes, but most cases are due to viruses and do not need an antibiotic
Slapped cheek	None (once rash has developed)	Keep away from vulnerable children and pregnant females
Chickenpox	Until all vesicles have crusted over	Keep away from vulnerable children and pregnant females
Impetigo	Until lesions are crusted and healed or 48 hours after commencing antibiotic treatment	Antibiotic treatment speeds healing and reduces the infectious period
German Measles (Rubella)	Four days from onset of rash	Preventable by vaccination (MMR x2) Keep away from vulnerable children and pregnant females
Measles	Four days from onset of rash	Preventable by vaccination (MMR x2) Keep away from vulnerable children and pregnant females
Ringworm Scabies	Exclusion not usually required	Treatment is required
Scarlet Fever	Child can return to school 24 hours after starting appropriate antibiotic treatment	Antibiotic treatment is recommended for the affected child
Shingles	Exclude only if rash is weeping and cannot be covered	Can cause chickenpox in those who are not immune i.e. have not had chickenpox. It is spread by very close contact and touch.
Diarrhoea and/or Vomiting	48 hours from last episode of diarrhoea or vomiting	
Flu	Until recovered	
Whooping cough	Five days from starting antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment	Preventable by vaccination. After treatment, non-infectious coughing may continue for many weeks. Your local PHE centre will organize any contact tracing necessary
Mumps	Exclude child for five days after onset of swelling	Preventable by vaccination (MMR x2 doses)

