

IS MY CHILD WELL ENOUGH FOR SCHOOL / NURSERY?



When your child is unwell, it can be tricky deciding whether or not to keep them off school or nursery. The table below will help you with that decision, and will form the basis of the absence marks your child will get if off of school.

Feeling anxious or worried	It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can make a child's anxiety about going to school worse. You can work with the school to find ways to help them. If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP.
Cold sores	There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.
Conjunctivitis	You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.
Coughs and colds	It's fine to send your child to school with a minor cough or common cold. Encourage your child to throw away any used tissues and to wash their hands regularly.
Sore throat	You can still send your child to school if they have a sore throat.
Head lice and nits	There's no need to keep your child off school if they have head lice. You can treat head lice and nits without seeing a GP.



Hand, foot and mouth disease	If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.
Ear infection	If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
High temperature	If your child has a high temperature (over 38 degrees), and is unwell. Keep them off school until this is improving.
Scarlet fever	If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.
Chickenpox	If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.
Measles	If your child has measles, they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
Vomiting and diarrhoea	Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

If you are still not sure if your child should be coming in to school please call the School Office on 0118 9375509 first.



**THANK
YOU**

This guidance has been created using the [nhs website](https://www.nhs.uk).