

Is my child too ill for school?

When your child is unwell, it can be hard deciding whether to keep them off school. These simple guidelines should help.

Not every illness needs to keep your child from school. If you keep your child away from school, be sure to inform us on the first day of their absence. We may at times ask for medical evidence, this is to allow us to record the absence as authorised.

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, visit the GP and return to school 24 hours after they start to feel better.



Vomiting and diarrhoea

Children with diarrhoea and/or vomiting should definitely be kept off school until at least 48 hours after their symptoms have gone. Most cases of diarrhoea and vomiting in children 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. But if it's accompanied by a raised temperature, that does not respond to medication, your child should stay at home.



Raised temperature

If your child has a raised temperature, that does not respond to medication, they shouldn't attend school. They can return 24 hours after they start to feel better.



Rash

Skin 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



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 the child off school and consult your GP.



Information taken from NHS website:

<http://www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx>