

Children's Health and Hygiene

Not every illness needs to keep your child from school. If you keep your child away from school please telephone or text the school as soon as possible giving your child's name, class and nature of the illness. If your child is absent more than one day, please contact the school each day.

Good hygiene practice

Handwashing

- Handwashing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting, and respiratory disease. The recommended method is the use of liquid soap, warm water and paper towels. Always wash hands after using the toilet, before eating or handling food, and after handling animals. Cover all cuts and abrasions with waterproof dressings.

Coughing and sneezing

- Coughing and sneezing easily spread infections. Children should be encouraged to cover their mouth and nose with a tissue. Wash hands after using or disposing of tissues.

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

Common conditions

If your child is ill, it's likely to be due to one of a few minor health conditions.

- **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. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether your child should stay off school.
- **Raised temperature.** If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better.
- **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.
- **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, your child should stay at home.

| COMPLAINT | RECOMMENDED PERIOD TO BE KEPT AWAY FROM SCHOOL | ADDITIONAL COMMENTS |
|-----------------------------|---|--|
| Athletes Foot | None | |
| Chicken Pox | Until the spots have crusted over | |
| Cold Sores | None | |
| Conjunctivitis | None | |
| German Measles | 4 days from onset of rash | Preventable by immunisation |
| Hand, Foot and Mouth | None | |
| Headlice | None | |
| Impetigo | Until lesions are crusted and healed, or 48 hours after starting antibiotic treatment | |
| Measles | 4 days from onset of rash | Preventable by immunisation |
| Mumps | Exclude child for five days after onset of swelling | Preventable by immunisation |
| Ringworm | Exclusion not usually required | Treatment is required |
| Scabies | Child can return after first treatment | Household and close contacts require treatment |
| Scarlet Fever | Child can return 24 hours after starting appropriate antibiotic treatment | Antibiotic treatment is recommended for the affected child |
| Threadworms | None | Treatment is recommended for the child and household contacts |
| Tonsilitis | None | There are many causes, but most cases are due to viruses and do not need an antibiotic |

Information taken from www.nhs.uk and <https://www.gov.uk/government/publications/infection-control-in-schools>