

## There are government guidelines for schools and nurseries that say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that they won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

**Coughs and Colds**— It's fine to send your child to school with a minor cough or common cold.

See a GP if the cough is very bad or quickly gets worse – for example, a hacking cough or cannot stop coughing or if you're concerned about your child's other symptoms.

**High temperature**—A high temperature is 38C or more. If your child has a high temperature, keep them off school until it goes away.

**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.

**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.

Get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

**Coronavirus (COVID-19)** - If they have mild symptoms and they feel well enough, they can still go to school. Your child should try to stay at home and avoid contact with other people if they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

**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.

**Sore throat**—You can still send your child to school if they have a sore throat.

See a GP if the sore throat does not improve after a week or your child often get sore throats.

**Vomiting and diarrhoea**—diarrhoea is defined as the passage of three or more loose or liquid stools per day. Children with diarrhoea or vomiting should stay away from school for 2 days after their symptoms have gone.

**For further advice visit <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> or call 111 or your GP surgery.**

