PARENT/CARER FACTSHEET

Is my child too ill for school?

No, you can still send your child to school with:

- A slight cough
- Common cold symptoms, such as a runny nose, sore throat or headache

Keep them at home if they:

- Have a temperature of **38C or more** (note – if their temperature has reduced only because of medication such as Calpol, please allow 24 hours after the last medication to ensure they are now fit enough for school).
- Have any of the illnesses or symptoms listed below

Yes, they should be absent from school until …

- **Chickenpox:** at least 5 days from the onset of the spots and until all blisters have crusted over
- **Diarrhoea and vomiting:** at least 2 days (48 hours) after their last episode
- **Cold and flu-like symptoms (including mild symptoms of possible COVID-19):** they no longer have a high temperature and feel well enough to attend
- **COVID-19:** if your child has tested positive, they should try to stay at home and avoid contact with other people for 3 days after they test positive
- **German measles (rubella):** 5 days after the rash first appeared
- **Impetigo:** their sores have crusted and healed, or 48 hours after they started antibiotics
- **Measles:** at least 4 days after the rash first appeared
- **Mumps:** 5 days after the swelling started
- **Ringworm:** they start treatment
- **Scabies:** 24 hours after they've had their first treatment
- **Scarlet fever:** 24 hours after they began taking antibiotics
- **Whooping cough:** 48 hours after they started taking antibiotics, or 2 weeks from the start of symptoms if not treated with antibiotics

Send them to school, but please let us know about …

- **Cold sores**
- **Conjunctivitis**

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- **Hand, foot and mouth**
- **Head lice**
- **Threadworms**
- **Glandular fever**
- **Tonsillitis**
- **Slapped cheek**

General advice

If you do keep your child at home, it's important to contact the school on the first day they are absent to let us know that your child won't be in and why.

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.

Contact information for the school

Parents may well want to let teachers know about their child's health and this can be done via Dojo. However, **please always also inform the school office** using pensford_office@pensfordschool.org or 01761 490470.

Further information

This factsheet is based on the following guidance from the government and NHS:

- Infectious diseases: education and childcare settings
- Children and young people settings: tools and resources
- Is my child too ill for school?
- Letter to school leaders on mild illness and school attendance

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