**What to do: advice on childhood**

**Go to school: if needed get treatments as shown**

**Can be spread to other children. Some restrictions for school attendance**

**Don't go to school and see the GP**

| What it's called | What it's like | Going to school | More advice |
|---|---|---|---|
| **Chicken Pox** | Rash begins as small, red flat spots that develop into itchy fluid-filled blisters | Can be spread to other children. Some restrictions for school attendance | Back to school 5 days after the onset of the rash |
| **Common cold** | Runny nose, sneezing, sore throat | Go to school: if needed get treatments as shown | Children should be given paracetamol, plenty of fluids to drink and can be sent to school. Ensure good hand hygiene – dispose of tissues and regularly wash hand with soap and water* |
| **Conjunctivitis** | Teary, red, itchy, painful eyes | Go to school: if needed get treatments as shown | Treatment is not usually required. Try not to touch eye to avoid spreading |
| **Flu** | Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat | Can be spread to other children. Some restrictions for school attendance | Children should go back to school when recovered - this is usually about five days Ensure good hand hygiene* |
| **Glandular Fever** | High temperature, sore throat (usually more painful than any before) and swollen glands | Go to school: if needed get treatments as shown | Child needs to be well enough to concentrate at school |
| **Hand, Foot and Mouth disease** | Fever, sore throat, headache, small painful blisters inside the mouth and on tongue and gums (may also appear on hands and feet) | Go to school: if needed get treatments as shown | Children can go to school with hand, foot and mouth disease |
| **Head Lice** | Itchy scalp (may be worse at night) | Go to school: if needed get treatments as shown | Treat child and all other family members by wet combing with a nit comb and conditioner |
| **Impetigo** | Clusters of red bumps or blisters surrounded by area of redness | Don't go to school and see the GP | See GP. Back to school when the lesions crust over or 48 hours after the start of antibiotics |
| **Measles** | Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, red blotchy rash | Don't go to school and see the GP | Contact your GP (by phone initially) if you think that your child might have measles. Back to school 4 days from on-set of rash |
| **Ringworm** | Red ring shaped rash, may be itchy rash, may be dry and scaly or wet and crusty | Go to school: if needed get treatments as shown | See pharmacist for advice about treatment. |
| **Scabies** | Intense itching, pimple-like rash. Itching and rash may be all over the body but is commonly between the fingers, wrists, elbows and arms | Go to school: if needed get treatments as shown | See pharmacist for advice about treatment. Back to school after first treatment |
| **Scarlet fever / strep throat** | Severe sore throat and painful glands in neck. No runny nose or cough. Associated with sandpaper-like pink/red rash in scarlet fever. | Don't go to school and see the GP | See G.P. Return to school 24 hours after starting antibiotics |
| **Shingles** | Pain, itching, or tingling along the affected nerve pathway. Blister type rash. | Can be spread to other children. Some restrictions for school attendance | Only stay off school if rash is weeping and not covered |
| **Sickness bug/diarrhoea** | Stomach cramps, nausea, vomiting and diarrhoea | Can be spread to other children. Some restrictions for school attendance | Return to school 48 hours after the last episode of diarrhoea or vomiting. See G.P if they appear to be getting dehydrated (passing little urine or becoming lethargic) |
| **Threadworms** | Intense itchiness around the anus | Go to school: if needed get treatments as shown | Get treatment from local pharmacy or GP. Everyone at home should be treated |
| **Mild tonsillitis** | Sore throat associated with runny nose or cough | Go to school: if needed get treatments as shown | See G.P if they are not starting to improve or fever persists for more than 5 days |

Please visit the following websites for more information:

Should your child go to school

Worried your child is unwell

**This information is a guide and has been checked by health professionals, however if you are unsure about your child's wellbeing we recommend you contact your pharmacy or GP to check**

Healthier Together

Improving the health of children and young people in Dorset, Hampshire and the Isle of Wight

NHS

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