

Headache, Earache & Stomach Ache

Children with headache, earache and stomach ache can go to school—**just let staff know** that they have felt unwell. Give paracetamol and plenty of fluids to drink.

If a headache, earache or stomach ache persists...

seek medical advice.

High Temperature

Give paracetamol and plenty to drink. After paracetamol, if your child feels better, **bring them into school**. If the child's high temperature continues for three days or more, seek medical advice.

Coughs & Colds

Children should be given paracetamol, plenty of fluids to drink and **can be sent to school**.

If your child is asthmatic, remember that they need their **blue inhaler** more often.

Diarrhoea & Vomiting

Children can **return to school 48 hours after the last episode** of diarrhoea or vomiting.

For further information on other illnesses and conditions, please visit the NHS guidance page:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Illness	Should my child attend school?
Coronavirus (COVID-19)	No—if they have a high temperature or feel too unwell. Yes—if they have mild symptoms and feel well enough.
Conjunctivitis	Yes— regular hand washing should be encouraged.
Hand, foot and mouth disease	Yes—if they feel well enough / regular hand washing is encouraged.
Head lice and nits	Yes—as soon as they have had their first treatment.
Impetigo	Yes—when lesions are crusted or two days after starting antibiotics.
Sore throat, tonsillitis and glandular fever	Yes—children should be given paracetamol and plenty of fluids.