

# Should I send my child to school?



## It can be tricky deciding whether or not to keep your child off school when they're unwell.

There are government guidelines for schools about health protection and managing specific infectious diseases at GOV.UK and below. These say when children should be kept off school and when they shouldn't.

### High Temperature

If your child has a high temperature, keep them off school until it goes away. A normal temperature in babies and children is about 36.4C, but this can vary slightly from child to child. A high temperature is 38C or more.

### Feeling anxious or worried

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as friendship problems, school work or sensory problems. You can also work with the school to find ways to help them. If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP.

### Lots of help and guidance available:

[https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?utm\\_medium=email&utm\\_source=govdelivery](https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?utm_medium=email&utm_source=govdelivery)

<https://frimley-healthiertogether.nhs.uk/parents/carers/child-unwell-ok-go-nurseryschool>

<https://educationhub.blog.gov.uk/2022/09/02/back-to-school-week-everything-you-need-to-know-about-school-attendance/>

<https://www.gov.uk/school-attendance-absence>

### Chicken Pox

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.

### My child has Covid-19 symptoms

If your child has 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 have symptoms of Covid-19 **PLUS** either:

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



### Scarlet Fever or Whooping Cough

Your child can go back to school 24 hours after starting antibiotics.

### What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

### My child has vomiting and / or diarrhoea

Children with diarrhoea or vomiting should stay away from school for 48 hours from the final bout.

### My child has one of the following common illnesses

Feeling sick, sore tummy, cough, cold, cold sores, conjunctivitis, runny nose, blocked nose, sore throat, ear ache ear infection, feeling tired. Unless your child has a temperature or is feeling really unwell it is fine to send them into school with these illnesses. To make them feel better please give your child a dose of pain relief before school. A visit to your local pharmacy could also help.

**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.

**Hand, foot and mouth disease:** If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.

**Slapped Cheek Syndrome:** You don't need to keep your child off school if they have slapped cheek syndrome, because once the rash appears, they're no longer infectious.