



WOODHALL SCHOOL



PASSION ● **RESILIENCE** ● **RESPONSIBILITY** ● **ASPIRATION** ● **INCLUSIVITY** ● **FAMILY**

Telephone: 0208 428 3447 www.woodhall.herts.sch.uk Email: admin@woodhall.herts.sch.uk

Woodhall Lane, South Oxhey, Watford, Hertfordshire, WD19-6QX.

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

IS MY CHILD TOO ILL FOR SCHOOL?

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

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](https://www.gov.uk/managing-specific-infectious-diseases). These say when children should be kept off school and when they shouldn't. We have adapted some of the guidelines where appropriate (e.g. do not send children into school with untreated head lice).

If you do keep your child at home, it's important to contact us on the first day of absence by phone (0208 428 3447) or email (attendance@woodhall.herts.sch.uk) to let us know that your child won't be in and give us the reason.

If your child is well enough to come to school but has an infection that could be passed on, such as a cold sore, please let their teacher/the School Office know.

Some children at Woodhall need individual medical plans and therefore any symptoms or illness should be dealt with on a bespoke basis.

Coughs and colds

It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

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.

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

COVID-19

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.

Ear infection

If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

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.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

Once your child has been treated, 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.

Impetigo

If your child has impetigo, they'll need treatment from a GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

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

Slapped cheek syndrome (fifth disease)

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.

But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms

Once your child has been treated, you don't need to keep your child off school if they have threadworms.

Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

If a child vomits or has diarrhoea, you should keep them off school for a period of 24 hours. You should use this time to monitor them carefully. If you think they have been sick for reasons such as over-eating, coughing (non-Covid related) over-exertion, a reaction to something etc. then you should bring them back to school the next day or as soon as they feel well enough.

Many children complain of a stomach-ache or headache when they feel anxious or worried. If you suspect that your child is feeling worried, rather than sick, please get them into school and speak to the class teacher as soon as possible.

If you have reason to suspect they have been sick or had diarrhoea due to a virus or bug, you should keep the child off for 48 hours from the last episode of sickness or diarrhoea.

Further, more detailed information about each illness can be found on the NHS website <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>.