



Medical Guidance for Parents/Carers

We know that it can be tricky deciding whether to keep your child off School when they are unwell. The following information has been put together to act as a guide to parents and carers to ensure that we keep our school community safe. The following has been put together as a guide for you to consider. It covers some, but not all, the more common illnesses, that our children may face.

There are also Government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off School and when they should not. If you do keep your child at home, it is important to contact us to let us know that your child will not be in and to give the reason.

COVID 19

There are no longer official rules around COVID-19 isolation. The person who tested positive should stay off school if they are unwell. If they are well, it is [suggested that under 18s isolate for 3 days after the test day](#). This is not compulsory and mask wearing is permitted.

OTHER ILLNESSES

Coughs and colds

It is fine to send your child to School with a minor [cough](#) or [common cold](#). But if they have a fever, you should keep them off School until the fever goes.

Encourage good respiratory hygiene, for example for your child to throw away any used tissues and to wash their hands regularly in the home, to prevent further spread.

A fever

We respectfully ask that you please keep your child away from School until the [fever](#) has passed. You should not send your child into School if you have needed to give them medication to keep their temperature at bay. We do understand the pressure that parents are under but ask that you are respectful of any decision that we need to make, regarding your child's health and attendance in School.

Vomiting and diarrhoea

Children with infective [diarrhoea or vomiting](#) should stay away from School for 48 hours after their symptoms have gone. This would not be the case if the child for example was sick for any other reason, e.g., anxiety or travel sickness. You must let School know so we can be vigilant for other children too.

Chickenpox

If your child has [chickenpox](#), keep them off School until all the spots have crusted over. This is usually around 5 days after the spots first appeared.

Cold sores

There is 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

There is no need to keep your child off 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.

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. Most ear infections get better without any treatment, but if pain and discomfort extend beyond 5 days, they may need to be seen by the GP for treatment.

Nose bleeds

You can still send your child to school after a [nosebleed](#) has stopped. Nosebleeds are not usually a sign of anything serious. They're common, particularly in children, and most can be easily treated. If your child has a nosebleed, it should not last more than 10-15 minutes. To stop a nosebleed, you should sit them down and lean them forward, with their head tilted forward, pinch their nose just above their nostrils for 10 to 15 minutes, and let them breathe through their mouth. Should the nosebleeds be regular or severe, please contact your GP.

Period Pain

Please note, that we will not authorise absence due to period pain, unless medical evidence has been provided. For advice on how to manage period pain, please visit the [NHS website](#).

Sore throat

You can still send your child to School if they have a [sore throat](#), however 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](#) and can be treated. Speak to your pharmacist, who can recommend a treatment or your GP or 111.

Group A Streptococcus (GAS)/Scarlet Fever

Group A streptococci is a type of bacterium that can cause scarlet fever and although this is rare – it can get into the bloodstream and cause an illness called invasive Group A strep (iGAS). This can cause other respiratory and skin infections too such as strep throat and impetigo. Scarlet fever itself is usually a mild illness, but it is highly infectious. Further information on scarlet fever is available [here](#).

If your child has scarlet fever, they need to be kept at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

**Bringing medication to school:**

Please note that if you are planning to send medication into school with your child(ren), they should be asked to deliver it to the Medical Room First Aider to keep locked away until they require it. The medication is required to be in the original packaging, labelled and within date. Please let us know by email / calling the school that this will be the case.

Drinking water:

It is important to ensure your child(ren) drink sufficient water each day. They should always carry a water bottle. Please encourage them to drink during the day, including break and lunch times.

Water bottles can be filled in various places around the school. The expectation is that water bottles will be filled at lunch or break time unless your child has a specific health need that requires this to happen more frequently.

There are some lessons such as science which is taught in a laboratory where drinking water in class will not be allowed because of health and safety reasons. For example the risk of contamination may prevent teachers from allowing students to drink freely in class.

Drinking water keeps your child(ren) hydrated, headache free, focused in lesson and ready for PE, Sports and break & lunch time activities. N.B. Water bottles need to be named, then they can be returned to the correct student.