

Should I keep my child off school?

When your child is unwell, it can be hard deciding whether to keep them off school. A few simple guidelines can help.

Not every illness needs to keep your child from school. If you keep your child away from school, be sure to inform the school on the first day of their absence.

Use common sense when deciding whether or not your child is too ill to attend school. Ask yourself the following questions.

- **Is your child well enough to do the activities of the school day?** If yes, send your child in to school.
- **Does your child have a condition that could be passed on to other children or school staff?** If yes, keep your child at home.
- **Would you take a day off work if you had this condition?** If no, send your child in to school.

| Send your child in if they have a... | Keep your child at home if they have... |
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| <p style="text-align: center;">Cough and cold</p> <p>A child with a minor cough or cold may attend school.</p> | <p style="text-align: center;">Raised temperature</p> <p>If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better.</p> |
| <p style="text-align: center;">Sore throat</p> <p>A sore throat alone doesn't have to keep a child from school.</p> | <p style="text-align: center;">Rash</p> <p>Rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP before sending them to school.</p> |
| <p style="text-align: center;">Headache</p> <p>A child with a minor headache doesn't usually need to be kept off school.</p> | <p style="text-align: center;">Vomiting and diarrhoea</p> <p>Children with these conditions should be kept off school. They can return 24 hours after their symptoms disappear.</p> |

More information can be found on:

<http://www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx>

