

## When to keep sick children at home

There are two reasons to keep sick children at home:

1. The child does not feel well enough to participate in usual activities.
2. The illness is on the list of symptoms or illness for which temporary exclusion is recommended.

Recommendations from Public Health England, Guidance on infection control in schools and other childcare settings.

**Children with the following symptoms should be kept (excluded) from school**

Symptom	Child must be at home
<b>Fever:</b> Elevated temperature 37.5 °C or greater demonstrates the need to exclude the child from the school setting	<b>YES-</b> when accompanied by behaviour Changes or other symptoms of illness, i.e. rash, sore throat, stomach ache/vomiting, diarrhoea, coughing, headache, earache. The child should be fever free (oral temperature below 37.2°C) without the use of fever-reducing medicines (calpol), for a complete school day (24 hours) before returning to school.
<b>Flu Symptoms:</b> Fever over 37.5°C or greater with cough and/or sore throat. Other flu symptoms can include fatigue, body aches, vomiting and/or diarrhoea	<b>YES -</b> for at least 24 hours after there is no longer a fever, without the use of fever reducing (calpol) medicines.
<b>Whooping cough</b> (pertussis)	<b>YES-</b> Five days from starting antibiotic Treatment, or 21 days from onset of illness if no antibiotic treatment
<b>Mild Respiratory or cold Symptoms:</b> Stuffy nose with clear drainage, sneezing, mild cough, no temperature elevation	<b>No-</b> may attend if able to participate in school activities
<b>Conjunctivitis</b>	<b>No-</b> may attend school
<b>Vomiting and diarrhoea</b>	<b>YES-</b> may return 48hrs from last episode
<b>Rash</b> without fever or behaviour changes usually does not require exclusion from school; seek medical advice	<b>YES-</b> seek medical advice. Any rash that spreads quickly, has open, weeping wounds and a child with an elevated

	temperature should always be evaluated as soon as is possible
<b>Head lice</b>	<b>No-</b> Treatment is only advised where live lice have been seen
<b>Impetigo:</b> Blister like lesions which develop into pustules. May “weep” and crust	<b>No-</b> Not until the lesions are crusted and healed, or 48hrs after starting antibiotic treatment
<b>Ringworm</b>	<b>No-</b> lesions should be covered

For the full list see:

[www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/522337/Guidance\\_on\\_infection\\_control\\_in\\_schools.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/522337/Guidance_on_infection_control_in_schools.pdf)

## What can you do to help prevent the spread of contagious diseases in the home?

Remind your children to wash their hands often. Reinforce the practice of coughing or sneezing into a sleeve or upper arm instead of hands. Throw away tissues immediately after each use and immediately wash hands.

## What you can do to help keep your children healthy

Provide your children with a balanced diet. Keep bed times regular. School aged children need 8-10 hours of sleep each night. Encourage at least 60 minutes of daily exercise and daily trips out of doors. Encourage your children to dress appropriately for the weather. Layering clothing so they may remove and add as their activity level warrants. Take your child to the doctor if the symptoms persist If you use over the counter medications—use only those that are specific for your child's symptoms. NEVER give children aspirin, adult medications, or someone else's medication or medication left over or outdated. Never buy antibiotics for your child that hasn't been prescribed by a Doctor. Increase fluid intake (juices and water). If your child is unwell Allow your child to rest and fully recover before sending him/her back to school.