



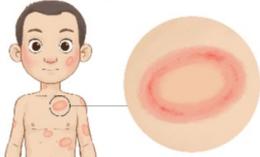
Oastlers School
 Flockton Road, Bradford
 BD4 7RH
 Headteacher: Mrs Lyndsey Brown
 Tel: 01274 307456
 Email: office@oastlers.co.uk
www.oastlers.com

Is my child too ill for school?

It can be difficult to decide whether to send your child to school when they are ill. This quick guide will help you to decide what you need to do for most common childhood illnesses. Always remember to notify us if your child is ill, including the type of illness, so that we know when to expect them to return.

Illness	Symptoms	Send to school?	Extra advice
Coughs and Sneezes 	Children often have a ticklish throat, a runny or stuffy nose and sneezing. They may feel tired, have a headache or muscle aches, and lose their appetite		<ul style="list-style-type: none"> • Throw away used tissues • Wash hands regularly • Cover face when sneezing • Give them plenty of fluids • Encourage them to rest as much as possible
Fever 	A child with a fever may look pale and tired, and be irritable. They may have a poor appetite and a high temperature (above 38 degrees)		<ul style="list-style-type: none"> • Keep your child at home until their temperature is normal. • Give plenty of fluids • If your child feels hot to touch on their chest and back, this could be coronavirus, so book a test as soon as possible
Sore throat 	Pain or a scratchy feeling in the throat, and pain when swallowing. Sometimes a child may have swollen glands in their neck or jaw, or sore tonsils		<ul style="list-style-type: none"> • Keep hydrated with lots of drinks • Gargle with saltwater • Use throat sweets or lozenges • Rest your voice • Eat soft foods
Chickenpox 	Children usually have a red rash, which turns into raised bumps which are itchy and may blister. They may also have a fever and a headache.		<ul style="list-style-type: none"> • Rest as much as possible • Try not to scratch • Keep hydrated • It is safe from your child to return to school once the spots have crusted over. This is usually around 5 days after they appeared.
Cough	Children usually		<ul style="list-style-type: none"> • If the cough is new and

	<p>cough when they have a cold, because of the mucus in their throat. Coughing helps to clear this mucus and clear their airways.</p>		<p>continuous this could be coronavirus, so keep them at home and book a test as soon as possible</p> <ul style="list-style-type: none"> • If the cough is occasional (just once or twice a day), then they are OK to send to school
<p>Cold Sores</p> 	<p>Someone with a cold sore usually has tingling or itching lips and small blisters on the lips which may ooze fluid</p>		<ul style="list-style-type: none"> • Encourage your child not to touch the blister or kiss anyone while they have the cold sore • Remind them not to share things like cups and towels.
<p>Conjunctivitis</p> 	<p>This usually shows as a red eye, with a watery or yellow/green discharge. Children's eyes may be sticky and difficult to open in the morning.</p>		<ul style="list-style-type: none"> • Stop your child from rubbing their eyes • Don't share towels or facecloths • Change pillowcases regularly • Bathe eyes gently with warm water to remove sticky discharge.
<p>Slapped Cheek</p> 	<p>Children have a red rash that looks like a handprint on their face, and this may spread to the body. They may have a runny nose, an upset tummy, and a temperature of over 38 degrees.</p>		<ul style="list-style-type: none"> • Keep hydrated with lots of drinks • Rest when possible • Use moisturiser on itchy or sore skin
<p>Threadworms</p> 	<p>Children will have an itchy bottom, and may lose their appetite. You may spot small worms in their poo.</p>		<ul style="list-style-type: none"> • Make sure that you child practices good toilet hygiene, and always washes their hands after cleaning themselves. • Your doctor can prescribe a single dose treatment for this condition
<p>Vomiting (sickness) and diarrhoea</p> 	<p>Usually children experience stomach cramps or pain, vomiting, loose bowels and frequent visits to the toilet. Their skin may feel sweaty or clammy</p>		<ul style="list-style-type: none"> • Rest • Keep hydrated with lots of drinks • Avoid milky products • Stay at home for 2 days after the last occasion of vomiting or diarrhoea
<p>Ear Infections</p>	<p>Hot and itchy ears, and ear pain in just 1</p>		<ul style="list-style-type: none"> • Most ear infections clear up by themselves.

	<p>ear are common. There may also be some discharge from the ear.</p>		<ul style="list-style-type: none"> • Keep your child warm and encourage them to rest. • If there is no improvement after 3 days, take your child to the doctor.
<p>Hand, Foot and Mouth</p> 	<p>This appears as small, red raised lumps on the palms of the hands, soles of the feet and inside the mouth, usually the tongue.</p>		<ul style="list-style-type: none"> • Your child can attend school if they feel well enough • Encourage them to wash hands regularly, throw away tissues, and not share towels or clothing.
<p>Head lice(Nits)</p> 	<p>Your child will have an itchy scalp, often behind the ears. You may be able to see clusters of eggs or lice near the roots of the hair.</p>		<ul style="list-style-type: none"> • You can buy an effective treatment from your chemist, that usually kills the lice, and their eggs in one treatment.
<p>Impetigo</p> 	<p>This is a highly infectious bacterial infection that appears as sores on the face, which will ooze and then crust over. It can be itchy and very sore.</p>		<ul style="list-style-type: none"> • You need to see your doctor for a course of antibiotics • Keep your child at home for at least 48 hours after the treatment has started, or until all the sores have crusted over and healed. • Don't share towels, or face cloths. • Wash hands before and after touching the face • Encourage your child not to touch or pick the sores
<p>Ringworm</p> 	<p>This is a fungal infection that shows as a red or silvery ring on the surface of the skin. It can be itchy and scaly in appearance.</p>		<ul style="list-style-type: none"> • Encourage your child not to scratch • Don't share towels or bedding • Get a ringworm treatment from your chemist • It's OK for your child to be in school once you have started the treatment
<p>Scarlet Fever</p> 	<p>Children usually have a fever, a rash, and a ruddy appearance to the face. They may have a sore throat, and spots inside the mouth.</p>		<ul style="list-style-type: none"> • Your child will need treatment with antibiotics from your doctor • Without this treatment they will be infectious for around 3 weeks • They can return to school 24 hours after they have started a course of antibiotics
<p>Coronavirus (Covid 19)</p>	<p>A new, continuous cough and a</p>		<ul style="list-style-type: none"> • If your child shows symptoms of coronavirus

	<p>temperature of 38 degrees or above. Loss or change of taste and smell. Children may also be tired, have a headache, sore throat, sickness and diarrhoea and loss of appetite.</p>		<p>they need to isolate at home and get a test</p> <ul style="list-style-type: none"> • If the test is negative, they can return to school • If the test is positive they can return to school after 14 days of isolation
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To book a Coronavirus (Covid 19) test, or to order a home testing kit, visit

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Always follow the current UK Government Coronavirus (Covid 19) advice



- Wash your hands for the length of time that it takes to sing 2 verses of 'Happy Birthday'
 - Cover your face in shops, on public transport, and any other busy places
 - Keep 2 metres away from other people



THE NATIONAL NURTURING SCHOOLS AWARD

