

# What to do

## Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

| What it's called?                     | What it's like                                                                                                          | Going to school | Getting treatment     | More advice                                                                                                                                            |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Asthma flare up</b>                | Worsening of usual symptoms                                                                                             | ➤               | Follow your care plan | Stay off school if feeling too unwell                                                                                                                  |
| <b>Chicken pox</b>                    | Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters                                     | ➤               | Pharmacy              | Back to school five days after on-set of the rash, or when all lesions are crusted over                                                                |
| <b>Common cold</b>                    | Runny nose, sneezing, sore throat                                                                                       | ➤               | Pharmacy              | Ensure good hand hygiene                                                                                                                               |
| <b>Conjunctivitis</b>                 | Teary, red, itchy, painful eye(s)                                                                                       | ➤               | Pharmacy              | Try not to touch eye to avoid spreading*                                                                                                               |
| <b>Flu</b>                            | Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat                              | ➤               | Pharmacy              | Ensure good hand hygiene*                                                                                                                              |
| <b>German measles/Rubella</b>         | Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards                                       | ●               | GP                    | Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected. |
| <b>Glandular fever</b>                | High temperature, swollen glands, sore throat; usually more painful than any before                                     | ➤               | GP                    | *                                                                                                                                                      |
| <b>Hand, foot &amp; mouth disease</b> | Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet) | ➤               | GP                    | Attend school while monitoring symptoms                                                                                                                |
| <b>Head lice</b>                      | Itchy scalp (may be worse at night)                                                                                     | ➤               | Pharmacy              |                                                                                                                                                        |
| <b>Impetigo</b>                       | Clusters of red bumps or blisters surrounded by area of redness                                                         | ●               | GP                    | Back to school when lesions crust or 48 hours after start of antibiotics                                                                               |
| <b>Measles</b>                        | Fever, cough, runny nose, watery inflamed eyes, rash                                                                    | ●               | GP                    | Back to school four days from on-set of rash, and if feeling well enough                                                                               |
| <b>Ringworm</b>                       | Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty                                         | ➤               | Pharmacy              |                                                                                                                                                        |
| <b>Scabies</b>                        | Itching rash, commonly between fingers, wrists, elbows, arm                                                             | ➤               | GP                    | Back to school after first treatment                                                                                                                   |
| <b>Scarlet fever</b>                  | Fever, unwell, red tongue, sandpaper rash                                                                               | ●               | GP                    | Exclusion period during first 24 hours of antibiotics*                                                                                                 |
| <b>Shingles</b>                       | Pain, itching, or tingling along the affected nerve pathway. Blister-type rash                                          | ➤               | GP                    | Only stay off school if rash is weeping and cannot be covered                                                                                          |
| <b>Sickness bug/diarrhoea</b>         | Stomach cramps, nausea, vomiting and diarrhoea                                                                          | ➤               | Pharmacy              | Contact GP if symptoms persist after 48 hours                                                                                                          |
| <b>Threadworms</b>                    | Intense itchiness around anus                                                                                           | ➤               | Pharmacy              | Ensure good hand hygiene                                                                                                                               |
| <b>Tonsillitis/Strep throat</b>       | Intense sore throat for more than 1 day                                                                                 | ➤               | Pharmacy              | See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell                                   |
| <b>Whooping cough</b>                 | Violent coughing, with a 'whoop'                                                                                        | ●               | GP                    | Exclusion period during first five days of antibiotics                                                                                                 |
| <b>Covid</b>                          |                                                                                                                         |                 |                       | Visit <a href="https://www.nhs.uk">www.nhs.uk</a> for latest guidance                                                                                  |

\*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Should my child go to school/nursery today?

Hertfordshire and West Essex Healthier Together for further information  
<https://www.hwehealthierttogether.nhs.uk/parentscarers>

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