

What to do

Advice on
childhood illnesses

Go to school; if
needed get
treatment as shown

Can be catching.
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 |
|---------------------------------------|--|-----------------|-------------------|---|
| Chicken Pox | Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters | ● | Pharmacy | Back to school 5 days after on-set of the rash |
| Common Cold | Runny nose, sneezing, sore throat | ● | Pharmacy | Ensure good hand hygiene |
| Conjunctivitis | Teary, red, itchy, painful eye(s) | ● | Pharmacy | Try not to touch eye to avoid spreading |
| Flu | Fever, cough, sneezing, runny nose, headache body aches and pain, exhaustion, sore throat | ● | Pharmacy | Ensure good hand hygiene |
| German measles | Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards. | ● | G.P. | Back to school 6 days from on-set of rash |
| Glandular fever | high temperature, sore throat; usually more painful than any before and swollen glands | ● | G.P. | Child needs to be physically able to concentrate |
| Hand, foot & mouth disease | Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet) | ● | G.P. | Only need to stay off if feeling too ill for school |
| Head lice | Itchy scalp (may be worse at night) | ● | Pharmacy | |
| Impetigo | Clusters of red bumps or blisters surrounded by area of redness | ● | G.P. | Back to school when lesions crust or 48 hours after start of antibiotics |
| Measles | Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, red, blotchy rash | ● | G.P. | Back to school 4 days from on-set of rash |
| Ringworm | Red ring shaped rash, may be itchy rash may be dry and scaly or wet and crusty | ● | G.P. | |
| Scabies | Intense itching, pimple – like rash Itching and rash may be all over the body but commonly between the fingers, wrists, elbows, arm | ● | G.P. | Back to school after first treatment |
| Shingles | Pain, itching, or tingling along the affected nerve pathway. Blister-type rash | ● | G.P. | Only stay off school if rash is weeping and cannot be covered |
| Sickness bug/ diarrhoea | Stomach cramps, nausea, vomiting and diarrhoea | ● | Pharmacy | See GP if symptoms persist after 48 hours |
| Threadworms | Intense itchininess around anus | ● | Pharmacy | Ensure good hand hygiene |
| Tonsillitis | Intense Sore throat | ● | Pharmacy | See GP if temperature lasts more than 48 hours or cannot swallow |
| Whooping cough | Violent coughing, over and over, until child inhales with "whooping" sound to get air into lungs | ● | G.P. | Back to school after 5 days of antibiotics or 21 days from onset of illness |

See www.patient.co.uk for further information on each of these conditions

This leaflet has been produced in partnership between



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