

What to do:  
advice on  
childhood

Go to school: if  
needed get  
treatments as shown

Can be spread to  
other children. 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                                                                     | More advice                                                                                                                                                                           |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken Pox                  | Rash begins as small, red flat spots that develop into itchy <a href="#">fluid-filled blisters</a>                                                         |    | Back to school 5 days after the onset of the rash                                                                                                                                     |
| Common cold                  | Runny nose, sneezing, sore throat                                                                                                                          |    | Children should be given paracetamol, plenty of fluids to drink and can be sent to school. Ensure good hand hygiene – dispose of tissues and regularly wash hand with soap and water* |
| Conjunctivitis               | Teary, red, itchy, painful eyes                                                                                                                            |    | Treatment is not usually required. Try not to touch eye to avoid spreading                                                                                                            |
| Flu                          | Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat                                                                 |    | Children should go back to school when recovered - this is usually about five days. Ensure good hand hygiene*                                                                         |
| Glandular Fever              | High temperature, sore throat (usually more painful than any before) and swollen glands                                                                    |    | Child needs to be well enough to concentrate at school                                                                                                                                |
| Hand, Foot and Mouth disease | Fever, sore throat, headache, <a href="#">small painful blisters inside the mouth and on tongue and gums (may also appear on hands and feet)</a>           |    | Children can go to school with hand, foot and mouth disease                                                                                                                           |
| Head Lice                    | Itchy scalp (may be worse at night)                                                                                                                        |    | Treat child and all other family members by wet combing with a nit comb and conditioner                                                                                               |
| Impetigo                     | Clusters of <a href="#">red bumps or blisters surrounded by area of redness</a>                                                                            |   | See GP. Back to school when the lesions crust over or 48 hours after the start of antibiotics                                                                                         |
| Measles                      | Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, <a href="#">red blotchy rash</a>      |  | Contact your GP (by phone initially) if you think that your child might have measles. Back to school 4 days from on-set of rash                                                       |
| Ringworm                     | <a href="#">Red ring shaped rash</a> , may be itchy rash, may be dry and scaly or wet and crusty                                                           |  | See pharmacist for advice about treatment.                                                                                                                                            |
| Scabies                      | <a href="#">Intense itching, pimple-like rash</a> . Itching and rash may be all over the body but is commonly between the fingers, wrists, elbows and arms |  | See pharmacist for advice about treatment. Back to school after first treatment                                                                                                       |
| Scarlet fever / strep throat | Severe sore throat and painful glands in neck. No runny nose or cough. <a href="#">Associated with sandpaper-like pink/red rash</a> in scarlet fever.      |  | See G.P. Return to school 24 hours after starting antibiotics                                                                                                                         |
| Shingles                     | Pain, itching, or tingling along the affected nerve pathway. Blister type rash.                                                                            |  | Only stay off school if rash is weeping and not covered                                                                                                                               |
| Sickness bug/diarrhoea       | Stomach cramps, nausea, vomiting and diarrhoea                                                                                                             |  | Return to school 48 hours after the last episode of diarrhoea or vomiting. See G.P if they appear to be getting dehydrated (passing little urine or becoming lethargic)               |
| Threadworms                  | Intense itchiness around the anus                                                                                                                          |  | Get treatment from local pharmacy or GP. Everyone at home should be treated                                                                                                           |
| Mild tonsillitis             | Sore throat associated with runny nose or cough                                                                                                            |  | See G.P if they are not starting to improve or fever persists for more than 5 days                                                                                                    |

Please visit the following websites for more information:

[Should your child go to school](#)  
[Worried your child is unwell](#)

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

**CATCH IT**

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



**BIN IT**

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



**KILL IT**

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



**Healthier Together**

Improving the health of children and young people in Dorset, Hampshire and the Isle of Wight

