

# Should my child go to school today?

## Every day Counts

### Headache, earache and stomach ache

Children with headache, earache or stomach ache can go to school – just let the staff know that they have felt unwell.

Give paracetamol and plenty of fluids to drink.

If headache, earache or stomach ache persist seek medical advice.

### High temperature

Give paracetamol and plenty to drink. After paracetamol, if your child feels better, bring them in to school.

If the child's high temperature continues for 3 days or more, seek medical advice.

### Coughs and colds

Children should be given paracetamol, plenty of fluids to drink and can be sent to school.

If your child is asthmatic, remember they may need their blue inhaler more often.

### Flu and swine flu

Children should go back to school when recovered – this is usually about 5 days.

### Sore throat, tonsillitis and glandular fever

Children should be given paracetamol, plenty of fluids to drink and can be sent to school.

### Diarrhoea and vomiting

Children can return to school 48 hours after the last episode of diarrhoea or vomiting.

Measles – Children should return to school 4 days after the rash has STARTED.

Chicken Pox – Children should return to school 5 days after the rash has STARTED.

German measles – Children should return to school 6 days after the rash has STARTED.

(Let school know as there may be pregnant staff members).

School decides whether or not an absence is authorised.

You may be asked to provide medical evidence to support your child's absence.

If your child has 90% attendance over a school year they will have missed half a day a week.

If your child has 90% attendance over 5 school years they will have missed half a year of school.