

WHAT TO DO IF YOUR CHILD IS ILL

If your child is not well enough to attend school, please telephone the school as early as possible on the day of absence to let us know and **by 9.30am** at the latest.

Coughs and colds

Often children cope well with cold viruses and can attend school as normal. It helps if they have their own supply of tissues and are encouraged to drink water regularly.

If they feel particularly unwell, have an associated headache or temperature, please do not send them in.

It is not a good idea to dose them up with paracetamol (eg. Calpol) and then send them in as when it wears off they can feel unwell again very quickly. We cannot administer paracetamol or cough medicines in school for this purpose.

Sickness /Diarrhoea

If your child is unwell with a stomach bug and has been sick or suffered from diarrhoea, please keep them at home for **48 hours** after symptoms have stopped. This is important to stem the spread of such viruses as Norovirus (winter vomiting bug).

If the sickness is one off and not likely to be symptomatic of such a virus (e.g. associated with a cough/cold or a reaction to food) then 24 hours is sufficient.

Infectious diseases

If your child has been diagnosed with an infectious disease (including common childhood illnesses such as chickenpox) please let the school know and refer to your doctor's advice regarding when they should return to school.

If you are unsure about any symptoms your child is displaying, please consult your doctor before sending them into school.

Certain illnesses are 'notifiable' which means we need to inform other parents. This is often because the illnesses may be dangerous to vulnerable groups, e.g. pregnant women, the very young, elderly or others with suppressed immune systems.

Medicines

Medicines should normally be administered at home and only taken into school when absolutely necessary. We can only administer medicines prescribed by your doctor and once you have completed the relevant permission form. Antibiotics prescribed three times daily do not need to be given in school. It is recommended they are given before school, at the end of school and at bedtime.