











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 fluid-filled blisters |  | 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, small painful blisters inside the mouth and on tongue and gums (may also appear on hands and feet) |  | 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 red bumps or blisters surrounded by area of redness |  | 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, red blotchy rash |  | 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 | Red ring shaped rash , may be itchy rash, may be dry and scaly or wet and crusty |  | See pharmacist for advice about treatment. |
| Scabies | Intense itching, pimple-like rash . 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. Associated with sandpaper-like pink/red rash 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

