

## Common Childhood Illness Guide for Children in Education Settings

What's it called?	What are the symptoms? Click link for information	Do I need to keep my child off school? Who should be informed?
<b>Athlete's foot</b>	Common fungal infection that affects the feet. <a href="http://www.nhs.uk">Athlete's foot - NHS (www.nhs.uk)</a>	<b>No need to stay off school or nursery.</b> It is not a serious condition. Treatment is recommended. Inform school/nursery.
<b>Chicken Pox</b> *(see below re pregnancy)	Rash begins as small, red flat spots and develops into itchy blisters. <a href="http://www.nhs.uk">Chickenpox - NHS (www.nhs.uk)</a>	<b>Yes, until all the spots have crusted over, and your child is well (usually 5 days after the spots have appeared).</b> Inform school/nursery.
<b>Cold Sores (Herpes Simplex)</b>	Cold sores are generally mild and heal without treatment but are contagious until completely healed (around 10 days). <a href="http://www.nhs.uk">Cold sores - NHS (www.nhs.uk)</a>	<b>No need to stay off school or nursery.</b> Avoid kissing and contact with the sores. Inform school/ nursery.
<b>Conjunctivitis</b>	Can affect one or both eyes, can cause discharge, redness, a gritty sensation, burning and itchiness. <a href="http://www.nhs.uk">Conjunctivitis - NHS (www.nhs.uk)</a>	<b>No need to stay off school unless child feels unwell.</b> Inform school/nursery.
<b>Cold and Flu-like illness (including COVID-19)</b> *(see below re pregnancy)	High temperature, cough, feeling unwell, loss of taste or smell. <a href="http://www.nhs.uk">Respiratory tract infections (RTIs) - NHS (www.nhs.uk)</a> <a href="http://www.nhs.uk">Coronavirus (COVID-19) - NHS (www.nhs.uk)</a>	<b>Yes, until they no longer have a high temperature and feel well enough to attend.</b> Follow the national guidance if they've tested positive for COVID-19.
<b>Diphtheria **</b>	High temperature, swollen glands, grey / white coating to throat or tongue. <a href="http://www.nhs.uk">Diphtheria - NHS (www.nhs.uk)</a>	<b>Yes, stay at home is essential (contact UKSHA for advice on exclusion time).</b> Must inform GP. Inform school/nursery.
<b>Flu (Influenza)</b>	High temperature, achy body, sore throat, cough, and headache. <a href="http://www.nhs.uk">Flu - NHS (www.nhs.uk)</a>	<b>Yes. Child needs to be well enough to attend school.</b> Inform school/nursery.
<b>German measles**</b> *(see below re pregnancy)	Mild fever, swollen glands, and a rash. <a href="http://www.nhs.uk">Rubella (german measles) - NHS (www.nhs.uk)</a>	<b>Yes, as soon as symptoms develop until 5 days after the onset of the rash.</b> Child needs to be well enough to attend school. Inform school/nursery.
<b>Glandular fever</b>	High temperature, sore throat, swollen glands. <a href="http://www.nhs.uk">Glandular fever - NHS (www.nhs.uk)</a>	<b>No need to stay off school unless child feels unwell.</b> Inform school/nursery.
<b>Hand, foot, and mouth disease</b> *(see below re: pregnancy)	Fever, sore throat, headache. Small painful blisters can appear inside mouth, hands & feet. <a href="http://www.nhs.uk">Hand, foot and mouth disease - NHS(www.nhs.uk)</a>	<b>No need to stay off school if child seems well enough to go but school or nursery should be informed.</b>
<b>Head lice</b>	Itchy head, like something is moving in your hair. <a href="http://www.nhs.uk">Head lice and nits - NHS (www.nhs.uk)</a>	<b>No need to stay off but school or nursery should be informed.</b> Treatment recommended only when live lice seen.
<b>Impetigo</b>	Starts with red sores or blisters. These can be itchy, painful, and spread. <a href="http://www.nhs.uk">Impetigo - NHS (www.nhs.uk)</a>	<b>Yes, until lesions are crusted &amp; healed or 48 hours after starting antibiotics.</b> Inform school/nursery.
<b>Measles **</b> *(see below re: pregnancy)	Usually starts with cold-like symptoms, followed by a rash a few days later. Small spots in mouth may appear. <a href="http://www.nhs.uk">Measles - NHS (www.nhs.uk)</a>	<b>Yes. Stay off school or nursery for at least 4 days from when the rash appears and when they are well enough to attend.</b> Contact your GP. Inform school/nursery.

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<b>Meningococcal Meningitis or Meningitis due to other bacteria**</b>	Rash that does not fade when a glass is rolled over, stiff neck, high temperature, dislike of bright lights, drowsiness, sickness and headache. <a href="http://www.nhs.uk">Meningitis - NHS (www.nhs.uk)</a>	<b>Yes, stay off school until well enough to return. Contact your GP / Inform school/nursery.</b>
<b>Molluscum Contagiosum</b>	Viral skin infection. <a href="http://www.nhs.uk">Molluscum contagiosum - NHS (www.nhs.uk)</a>	<b>No need to stay off as self-limiting. Stop the spread by not sharing towels or squeezing lesions. Inform school/nursery.</b>
<b>Mumps**</b>	Painful swelling in the side of face under the ears. <a href="http://www.nhs.uk">Mumps - NHS (www.nhs.uk)</a>	<b>Yes, stay off school or nursery until five days after onset of swelling. Contact your GP. Inform school/nursery.</b>
<b>Ringworm</b>	Common fungal infection, causing a rash (not worms). <a href="http://www.nhs.uk">Ringworm - NHS (www.nhs.uk)</a>	<b>No need to stay off but school or nursery should be informed. Antifungal treatment required.</b>
<b>Scabies</b>	Skin infection caused by a mite. Intense itching, especially at night, and raised rash or spots. <a href="http://www.nhs.uk">Scabies - NHS (www.nhs.uk)</a>	<b>Yes. Back to school after first treatment. Household/close contacts require treatment at the same time. Inform school/nursery.</b>
<b>Scarlet fever (scarlatina)**</b> *(see below re: pregnancy)	Sore throat and painful glands in neck. A rash appears 12 to 48 hours later. <a href="http://www.nhs.uk">Scarlet fever - NHS (www.nhs.uk)</a>	<b>Yes. Child can return to school 24 hours after starting antibiotics and if they are well enough to attend. Contact GP. Inform school/nursery.</b>
<b>Slapped cheek syndrome (fifth disease / parvovirus B19)</b> *(see below re: pregnancy)	High temperature, runny nose, sore throat, headache. A red rash may appear on 1 or both cheeks. <a href="http://www.nhs.uk">Slapped cheek syndrome - NHS (www.nhs.uk)</a>	<b>No. If child is well, they can attend. They are no longer infectious once the rash appears. School or nursery should be informed.</b>
<b>Sickness bug/diarrhoea and vomiting</b>	Stomach cramps, nausea, vomiting and diarrhoea. <a href="http://www.nhs.uk">Diarrhoea and vomiting - NHS (www.nhs.uk)</a> <a href="http://www.nhs.uk">Norovirus (vomiting bug) - NHS (www.nhs.uk)</a>	<b>Yes. Child can return to school 48 hours after last episode of diarrhoea or vomiting and when your child is well enough to return. Inform school/nursery.</b>
<b>Threadworms</b>	Itching around the anus, particularly at night. <a href="http://www.nhs.uk">Threadworms - NHS (www.nhs.uk)</a>	<b>No need to stay off but school or nursery should be informed. Treatment is recommended for child &amp; household.</b>
<b>Warts and Verrucas</b>	Small lumps that appear on the skin. <a href="http://www.nhs.uk">Warts and verrucas - NHS (www.nhs.uk)</a>	<b>No need to stay off but school/nursery should be informed. Verrucas should be covered in swimming pools &amp; changing rooms. Usually resolve on their own.</b>
<b>Whooping cough**</b>	Coughing bouts that are worse at night. The cough will make a 'whoop' sound, may be sick from the mucus. <a href="http://www.nhs.uk">Whooping cough - NHS (www.nhs.uk)</a>	<b>Yes. Child can return to school 48 hours after starting antibiotics and when your child is well enough. Inform school/nursery.</b>

**\*Pregnancy - Female staff / female students** – If a pregnant woman develops a rash or is in direct contact with someone with a potentially infectious rash, this should be investigated by their medical practitioner (GP, Midwife, or hospital) at any stage of pregnancy.

**\*\*Notifiable disease to UKSHA by setting:** [notifiable-diseases-and-causative-organisms-how-to-report \(www.gov.uk\)](http://www.gov.uk) Please contact UKHSA East Midlands on: [phe.crc.eastmidlands@phe.gov.uk](mailto:phe.crc.eastmidlands@phe.gov.uk) or 0344 2254 524

#### Useful Links

[The complete routine immunisation schedule from February 2022 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)

[PHE document \(england.nhs.uk\) Spotty book](http://england.nhs.uk) - includes cleaning and hygiene advice

[Health A to Z - NHS \(www.nhs.uk\)](http://www.nhs.uk)