

Illness guide for parents

 Go to school; if needed get treatment as required outside of school hours.
  Some minor restrictions for school attendance.
  Don't go to school and seek medical advice.

Illness	Symptoms	Going to school	Getting treatment	What to do
Asthma flare up	Worsening of usual symptoms		Follow your specific care plan	If it gets worse, seek medical advice
Sickness/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy for appropriate medication	See GP if symptoms last more than two days
Upset stomach	Stomach cramps, bloating	 	Pharmacy for pain relief	Give pain relief before school and come in
Headache	Minor pain in the head area		Pharmacy for pain relief	Give pain relief before school and come in
Toothache	Pain in the tooth or gum surrounding the tooth		Pharmacy for pain relief	Give pain relief before school and come in
Other medical conditions				
Chicken pox	Rash begins as small, red, flat spots that develop into itchy blisters.		Pharmacy for appropriate lotions	Return to school when sores are crusty
Common cold	Runny nose, sneezing, sore throat		Pharmacy for cold/flu tablets	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye/eyes		Pharmacy for appropriate medication	Do not touch eyes, wash hands if you do
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy for cold/flu tablets	Ensure good hand hygiene
German measles	Fever, tiredness, raised red rash that starts on the face and spreads downwards		GP appointment needed	Return to school 4 days after on-set of rash
Glandular fever	High temperature, swollen glands, sore throat. Usually more painful than any before		GP appointment needed	Give pain relief before school and come in
Hand, foot and mouth	Fever, sore throat, headache, small painful blisters in side the mouth		GP appointment needed	Attend as normal but monitor symptoms
Head lice	Itchy scalp (may be worse at night)		Pharmacy for appropriate lotions	For live lice, apply treatment then return
Impetigo	Clusters of red bumps or blisters surrounded by an area of redness		GP appointment needed	Return to school 48 hours after antibiotics
Measles	Fever, cough, runny nose, watery inflamed eyes, rash		GP appointment needed	Return to school 4 days after on-set of rash
Scabies	Itching rash, commonly between fingers, wrists, elbows, arm		GP appointment needed	Return to school after first treatment
Scarlet fever	Fever, unwell, red tongue, sandpaper rash		GP appointment needed	Return 24 hours after taking antibiotics
Tonsillitis	Intense sore throat for more than one day		Pharmacy for appropriate medication	See GP if temperature is high for 48 hours

Students can carry 2 doses of pain relief to support with managing pain. Our medical team are always on hand to support with administering medication and for advice.