

What to do

Advice on childhood illnesses

Go to school; if needed get treatment as shown

Can be catching. 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	Getting treatment	More advice
Chicken Pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters	Yellow	Pharmacy	Back to school 5 days after on-set of the rash
Common Cold	Runny nose, sneezing, sore throat	Green	Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)	Green	Pharmacy	Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat	Yellow	Pharmacy	Ensure good hand hygiene
German measles	Fever, tiredness. Raised, red, rash that starts on face and spreads downwards	Red	G.P.	Back to school 6 days from on-set of rash
Glandular fever	High temperature, sore throat and swollen glands. Usually more painful than any before	Green	G.P.	Child needs to be physically able to concentrate.
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)	Green	G.P.	Only need to stay off if feeling too ill for school.
Head lice	Itchy scalp (may be worse at night)	Green	Pharmacy	Treatment required
Impetigo	Clusters of red bumps or blisters surrounded by area of redness	Red	G.P.	Back to school when lesions crust or 48 hours after 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	Red	G.P.	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	Green	G.P.	Treatment required
Scabies	Intense itching, pimple – like rash. Itching and rash may be all over the body but commonly between the fingers, wrists, elbows, arm	Green	G.P.	Back to school after first treatment
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash	Yellow	G.P.	Only stay off school if rash is weeping and cannot be covered
Sickness bug/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea	Yellow	Pharmacy	Stay off school 48 hours from last episode of diarrhoea or vomiting. See GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus	Green	Pharmacy	Ensure good hand hygiene
Tonsillitis	Intense sore throat	Green	Pharmacy	See GP if temperature lasts more than 48 hours or child cannot swallow
Whooping cough	Violent coughing, over and over, until child inhales with “whooping” sound to get air into lungs	Red	G.P.	Back to school after 5 days of antibiotics or 21 days from onset of illness

See www.patient.co.uk for further information on each of these conditions

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

