Curiosity | Care | Courage | Creativity

King Edward VI School
Bury St Edmunds

IS MY CHILD TOO ILL FOR SCHOOL?

It can be tricky deciding whether to keep your child off school when they're unwell.
This guide follows NHS and government guidelines to help you decide.

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If you do keep your child home, please **phone school on the first day** with the reason. If your child is well enough to attend but has something that could spread — such as a cold sore or head lice — **let the teacher know.**

✓ CAN GO TO SCHOOL	⚠ CHECK FIRST	× KEEP HOME	× KEEP HOME AND SEE GP

KEEP YOUR CHILD HOME

High Temperature
× **KEEP HOME**
Keep home until the temperature has gone completely.

Vomiting and/or Diarrhoea
× **KEEP HOME**
Must stay home until 48 hours after last episode.

Chickenpox
× **KEEP HOME**
Keep home until all spots have crusted over (usually 5 days after spots appear).

Measles
× **KEEP HOME—SEE GP**
Keep home at least 4 days from when rash appears. Call GP before visiting.

Impetigo
× **KEEP HOME**
Keep home until sores crusted and healed, or 48 hrs after starting antibiotics.

Scarlet Fever
× **KEEP HOME-SEE GP**
Needs antibiotics. Can return to school 24 hours after starting antibiotics.

Ear Infection
⚠ **IT DEPENDS**
Keep home if they have a high temperature or severe earache. Otherwise, can attend.

Covid-19
⚠ **IT DEPENDS**
If mild symptoms and well enough: can attend. If high temp or unwell: stay home. Positive test: stay home for 3 days.

USUALLY FINE TO ATTEND SCHOOL

Coughs & Colds
✓ **CAN ATTEND**
Fine to attend with mild symptoms, no high temperature.
Encourage hand washing.

Cold Sores
✓ **CAN ATTEND**
No need to stay home. Ask child not to touch blister or share cups/towels.

Conjunctivitis
✓ **CAN ATTEND**
No need to stay home unless unwell. Get pharmacist advice.
Encourage hand washing.

Head Lice
✓ **CAN ATTEND**
No need to stay home. Treat without seeing a GP. Let teacher know.

Hand, Foot & Mouth
✓ **CAN ATTEND**
No need to stay home if well enough. Encourage hand washing and disposing of tissues.

Ringworm
✓ **CAN ATTEND**
Fine to attend once treatment has started. See pharmacist (or GP if on scalp).

Slapped Cheek
✓ **CAN ATTEND**
Once the rash appears, they're no longer infectious. Let the school know.

Threadworms
✓ **CAN ATTEND**
No need to stay home. Speak to your pharmacist for treatment.

Sore Throat
✓ **USUALLY CAN ATTEND**
Fine unless they also have a high temperature — then keep home until temperature gone.

Anxiety / Worry
⚠ **TALK FIRST**
Avoiding school can worsen anxiety. Talk to the school for support. See GP if affecting daily life.

When in doubt — call school and we'll help you decide together
Full guidance at Is my child too ill for school? - NHS