What to do

Advice on

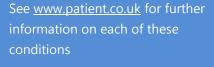
Go to school; if needed get treatment as shown

Can be catching.
Some restrictions for school attendance

Don't go to school and see the GP

What it's	What it's like	Going	Getting	More advice
called	vviiat it 5 like	to school	treatment	iviore advice
Chicken Pox	Rash begins as small, red, flat spots that	to school	Pharmacy	Back to school 5 days
CHICKEH POX	develop into itchy fluid-filled blisters		Filarifiacy	after on-set of the rash
Common Cold	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand
	, c		,	hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to
				avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache		Pharmacy	Ensure good hand
	body aches and pain, exhaustion, sore throat			hygiene
German	Fever, tiredness. Raised, red, rash that starts		G.P.	Back to school 6 days
measles	on the face and spreads downwards.			from on-set of rash
Glandular	high temperature, sore throat; usually more		G.P.	Child needs to be
fever	painful than any before and swollen glands			physically able to
Hand fact O	Forces care throat headacha amall painful		G.P.	Concentrate Only need to stay off ill
Hand, foot & mouth	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and		G.P.	feeling too ill for school
disease	gums (may appear on hands and feet)			recining too in for serioor
Head lice	Itchy scalp (may be worse at night)		Pharmacy	
ricad nec				
Impetigo	Clusters of red bumps or blisters surrounded		G.P.	Back to school when
	by area of redness			lesions crust or 48 hours
	Farmer and markets		C D	after start of antibiotics
Measles	Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or		G.P.	Back to school 4 days from on-set of rash
	bluish white centres in the mouth, red,			Hom on-set or rash
	blotchy rash			
Ringworm	Red ring shaped rash, may be itchy rash may		G.P.	
	be dry and scaly or wet and crusty			
Scabies	Intense itching, pimple – like rash Itching		G.P.	Back to school after first
	and rash may be all over the body but commonly between the fingers, wrists,			treatment
	elbows, arm			
Shingles	Pain, itching, or tingling along the affected		G.P.	Only stay off school if rash
	nerve pathway. Blister-type rash			is weeping and cannot be
				covered
Sickness bug/	Stomach cramps, nausea, vomiting and		Pharmacy	See GP if symptoms
diarrhoea	diarrhoea		Disas	persist after 48 hours
Threadworms	Intense itchiness around anus		Pharmacy	Ensure good hand
				hygiene
Tonsilitis	Intense Sore throat		Pharmacy	See GP if temperature lasts
				more than 48 hours or
NAME :	Wielent coughing averaged averaged the		CD	Cannot swallow
Whooping	Violent coughing, over and over, until child inhales with "whooping" sound to get air into		G.P.	Back to school after 5 days of antibiotics or 21
cough	lungs			days from onset of illness
	luligs			days from onset of filless

This leaflet has been produced in partnership between





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.