

Appendix 2 A parent's guide to managing sickness absence from school

Sore Throat:

A child with a sore throat can come to school. If the sore throat is accompanied by a raised temperature, the child should stay at home and you should consult a GP.

Call the school :

Please inform the school EVERY DAY by phone or email if your child will be absent from school due to illness and if you are concerned about your child's health, consult your GP. If you are unsure whether to send your child to school, phone or call into school and ask.

Headache:

A child with a minor headache does not need to be kept at home. If the headache is severe, or there are other symptoms such as raised temperature, then keep the child at home and consult your GP.



Vomiting and Diarrhoea:

Children with these conditions should stay at home. They can return to school 48 hours after their final symptoms disappear (NOT 48 hours after their symptoms first appear)



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Covid – 19 and Respiratory Illnesses e.g. Flu:

If your child is unwell with any of the Covid-19 symptoms, or has a temperature they should stay at home and not attend school . If confirmed positive with Covid - 19 please keep your child at home and follow the latest advice. If unsure please contact the school.

Note that Covid -19 can also present with other symptoms, including but not limited to:

Sore throat	High Temperature
Headache	Loss of or change in smell and taste
Cough /cold	unexplained tiredness/ loss of energy
Feeling sick/ Nausea	Diarrhoea

Coughs and Cold:

Minor cough and cold: child can attend school.
Cold with high temperature or drowsiness: Child should stay at home.
Severe/long lasting cough: see your GP

Unusual Rash:

An unfamiliar rash can be the first sign of an infectious illness such as chicken pox or measles – see your GP. Children with these conditions should not attend school until all spots are dry with a crust. Spots do NOT need to have completely gone.

Medicine :

To help your child come to school regularly, parents may visit the school to administer medicines such as antibiotics. However, we appreciate that this is not always possible. In such situations, we ask that the spacing for each dose of medicine falls outside of schools hours, i.e. request a 3-day antibiotic rather than 4-a-day.

High Temperature:

A child with a raised temperature should stay at home but they can return to school as soon as their temperature has returned to normal.