

Guidance on Absence from School



Please refer to the following guidance to help inform your decision about your child attending school. If your child will be absent from nursery or school, please ring the school office by 9:30am on **0191 433 4080** stating the reason for their absence.

There are government guidelines for schools and nurseries about managing specific infectious diseases. Further information on authorised absence can be found at www.gov.uk. If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, please let their teacher know.

If you are unsure about sending your child to school, please contact the school.

Illness	Advice
Coughs and Colds	It is fine to send your child to school with a minor cough or common cold. But if they have a high temperature, keep them off school until it returns to normal. Encourage your child to throw away any used tissues and to wash their hands regularly.
High Temperature	If your child has a high temperature, keep them off school until it returns to normal..
Chickenpox	If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.
Cold Sores	There is no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.
Conjunctivitis	You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.
COVID-19	What to do if your child has tested positive Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

Illness	Advice
Ear Infection	If your child has an ear infection and a high temperature or severe earache, keep them off school until they are feeling better or their high temperature returns to normal. We advise contacting the pharmacy or doctors. With a normal temperature, children can come into school. We recommend trying to get a doctor's appointment out of school hours, where possible.
Hand, Foot and Mouth Disease	If your child has hand, foot and mouth disease but seems well enough to go to school, there is no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.
Head Lice	There is no need to keep your child off school if they have head lice. You can treat head lice without seeing a GP by visiting your pharmacy.
Impetigo	If your child has impetigo, please seek treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.
Ringworm	If your child has ringworm, see your pharmacist unless it is on their scalp, in which case you should see a GP. Your child can return to school once they have started treatment.

Illness	Advice
Scarlet Fever	If your child has scarlet fever, they will need treatment with antibiotics from a GP. Otherwise they will be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.
Slapped Cheek Syndrome	You do not need to keep your child off school if they have slapped cheek syndrome Once the rash appears, they are no longer infectious. You must let the school or teacher know if your child has slapped cheek syndrome.
Sore Throat	You can still send your child to school if they have a sore throat unless they also have a high temperature. A sore throat and a high temperature could be symptoms of tonsillitis.
Threadworm	You do not need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment.
Vomiting and Diarrhoea	Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Scan the QR code to access the Little Orange Book. This is a book provided by the NHS. It is free and full of expert advice to help your children when they are poorly.

