

Fiddlers Lane

Community Primary School

Is my child too ill for school?

At Fiddlers Lane we know when your child is unwell, it can be hard deciding whether to keep them off school. These simple guidelines should help.

Not every illness needs to keep your child from school. If you keep your child away from school, be sure to inform the school on the first day of their absence.

Use common sense when deciding whether or not your child is too ill to attend school. Ask yourself the following questions.

- Is my child well enough to do the activities of the school day? If not, keep your child at home.
- Does my child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- Would I take a day off work if I had this condition? If so, keep your child at home.

Covid-19

Symptoms of coronavirus in children

The main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

What to do if your child has symptoms

If your child has any of the main symptoms of coronavirus:

1. Get a test to check if they have coronavirus as soon as possible.
2. You, your child and anyone else you live with should stay at home and not have visitors until you get the test result – only leave your home to have the test.

Anyone in your support bubble should also stay at home if your child has been in close contact with them since their symptoms started or during the 48 hours before they started.

It is really important that you inform school if your child or anyone in your family has symptoms or waiting for test results for Covid-19.

You must inform school if anyone in your household tests positive for Covid-19.

Common conditions

If your child is ill, it's likely to be due to one of a few minor health conditions. Whether you send your child to school will depend on how severe you think the illness is. Use this guidance to help you make that judgement.

Remember: if you're concerned about your child's health, consult a health professional.

- **Cough and cold.** A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether your child should stay off school. Get more information from NHS by following this link. [Common cold](#).
- **Raised temperature.** If your child has a raised temperature, they shouldn't attend school. Normally they would be able to return to school 24 hours after they start to feel better. However due to Covid-19 if a pupil has a raised temperature, it is advised that the child is tested for Covid-19, particularly if they have new persistent cough. Learn more in from NHS by following this link [Feverish illness in children](#).
- **Rash.** Skin rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or

practice nurse before sending them to school. [Watch this slideshow of childhood illnesses](#) to help you recognise your child's rash.

- **Headache.** A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep the child off school and consult your GP. Read more from NHS about what to do about [headaches in children](#).
- **Vomiting and diarrhoea.** Children with diarrhoea and/or vomiting should definitely be kept off school until at least 48 hours after their symptoms have gone. Most cases of [diarrhoea and vomiting in children](#) get better without treatment, but if symptoms persist, consult your GP. Follow the link for more information.
- **Sore throat.** A sore throat alone doesn't have to keep a child from school. But if it's accompanied by a raised temperature, your child should stay at home. Read more about [sore throat](#) from this NHS link.
- **Chickenpox.** If your child has chickenpox, keep them off school until all their spots have crusted over. Read more from the NHS site about [chickenpox](#) by following this link.

You can read about [medicines for children](#) with everyday health problems by following this link.

Tell the school

It's important to inform the school if your child is going to be absent. On the first day of your child's illness, telephone the school to tell us that your child will be staying at home. We may ask about the nature of the illness and how long you expect the absence to last.

If it becomes clear that your child will be away for longer than expected, phone us as soon as possible to explain this.

School can be also informed of absences using our app.

School details

Fiddlers Lane Community Primary School

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