

## What to do

Advice on  
childhood illnesses

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

See [www.patient.co.uk](http://www.patient.co.uk) for further information on each of these conditions

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.