



# Guidance on Illness



# & Absence from School

# **When your child is unwell, it can be hard deciding whether to keep them off school.**

**A few simple guidelines can help.**

You do not need to keep your child from school for every illness. If you keep your child away from school, be sure to inform the school on 01942 255339 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 your child well enough to do the activities of the school day?*

If not, keep your child at home.

*Does your child have a condition that could be passed on to other children or school staff?*

If so, keep your child at home.

*Would you take a day off work if you had this condition?*

If so, keep your child at home.

The following illnesses, conditions and recommendations are the most common for children of Primary School age however if the illness is not listed please contact the School Office or visit [www.nhs.uk](http://www.nhs.uk) for further advice.

***Remember to send a letter into school to your child's class teacher when they return to school following an illness.***

- ***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, your 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.
- ***Raised temperature.*** If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better.
- ***Rash.*** Rashes can be the first sign of many infection 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.
- ***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 them off school and consult your GP.
- ***Vomiting and diarrhoea.*** Children with these conditions should be kept off school. They can return 48 hours after their symptoms disappear.  
Most cases of vomiting or diarrhoea get better without treatment, but if symptoms persist, consult your GP.
- ***Sore throat.*** A sore throat alone doesn't have to keep a child from school. If it's accompanied by a raised temperature, they should stay at home.
- ***Headlice.*** Please **do not** keep children off school if they have headlice. Treat the hair at night time following the instructions and remember to repeat the process 7 days later.

*Useful websites:* [www.hindley.wigan.sch.uk](http://www.hindley.wigan.sch.uk)

[www.gov.uk/school-attendance](http://www.gov.uk/school-attendance)

[www.nhs.uk](http://www.nhs.uk)

[www.google.co.uk](http://www.google.co.uk)



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