

## 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 ill 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 itchiness 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.