

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

There are government guidelines for schools about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't. If you do keep your child at home, it's essential to phone the school on the first day. Let them know that your child won't be in and give them the clear reason, potentially using the list here rather than "They are sick" as this can be misinterpreted as they may have vomited.

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, let their teacher know.

Below you'll find some common illnesses that are seen at school, listed alphabetically, which in many cases can mean your child can continue to come to school if the guidance is followed.

Coughs, colds and sore throats

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a high fever (above 38°C), keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

You can still send your child to school if they have a [sore throat](#). However, a sore throat and a high temperature together can be symptoms of [tonsillitis](#).

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

High temperature

If your child has a [high temperature](#), (above 38°C), keep them off school until it goes away. However, sometimes common medications such as Calpol can help to reduce temperatures with one dose before school – certainly worth a try – and if a second dose helps to keep them feeling well, this can be discussed in terms of this being administered at lunchtime.

Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have fully crusted over. This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister 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.

Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's 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 and nits

There's no need to keep your child off school if they have head lice, but you should treat [head lice and nits](#) without seeing a GP. Many products are available at pharmacists and there is advice online.

Impetigo

If your child has [impetigo](#), they'll need 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's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise, they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

Threadworms

You don't 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).

Dear headteachers and trust leaders,

As you begin to welcome children and young people back for a new school year, we have been asked by the Department for Education (DfE) to provide you with a clinical and public health perspective on mild illnesses and school attendance.

We are aware that the COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school so we have laid out some information which we hope you will find helpful.

There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. We would encourage you to share the [NHS 'Is my child too ill for school?' guidance](#) with parents and carers in your schools and communities which has further information.

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it. DfE has published useful [guidance on mental health issues affecting a pupil's attendance](#) and those who are experiencing persistent symptoms can be encouraged to access additional support.

Thank you for your efforts so far to facilitate immunisation sessions within schools. As we head into winter, encouraging high uptake of seasonal flu vaccination and routine immunisations for eligible children and young people will help to reduce absences and the disruption they cause.

You, and the teachers you lead, are already supporting families to build up children's confidence to attend school regularly. The Royal College of General Practitioners (RCGP) recently approved [5 principles to promote school attendance](#). We hope this guidance will support GPs in having sensitive and reassuring conversations with parents, carers and pupils.

Thank you and your colleagues for your continued commitment to supporting the health and wellbeing of children and young people.

Yours sincerely,

Professor Chris Whitty, Chief Medical Officer, England

Pat Cullen, General Secretary, Royal College of Nursing

Professor Kamila Hawthorne, Chair, Royal College of General Practitioners

Dr Camilla Kingdon, President, Royal College of Paediatrics and Child Health

William Roberts, Chief Executive, Royal Society for Public Health

Dr Lade Smith, President, Royal College of Psychiatrist