When Should I Keep My Child Off School?

A quick guide for parents and carers — based on NHS guidance.



Keep your child at home



- **High temperature** — keep them home until their temperature is normal and they feel well enough to attend
- **Vomiting or diarrhoea** — wait 48 hours after the last episode
- **Rash with a fever or child is generally unwell** — seek advice
- **Chickenpox** — return when all spots have crusted over
- **Scarlet fever** — return after 24 hours of antibiotics and when well enough
- **Measles** — stay home for 4 days after the rash appears
- **Mumps** — stay home for 5 days after swelling begins



Usually okay to attend if well

- Mild cough
- Runny nose or mild cold
- **Minor sore throat** without a high temperature
- **Conjunctivitis** if otherwise well
- **Hand, foot and mouth disease** if otherwise well
- **Head lice or threadworms** once treatment has started



Remember

- Check that your child is well enough to take part in the school day
- Tell the school about contagious illnesses
- Follow advice from your GP, NHS 111 or school
- Check the latest guidance at **nhs.uk**

Get urgent help if

- your child has difficulty breathing
- is difficult to wake
- shows signs of dehydration
- has a stiff neck or seizure
- has a rash that does not fade when pressed
- or is getting rapidly worse

Call 999 in an emergency; call NHS 111 for urgent advice.