



Illnesses in children – Bishops Itchington Primary School and Ladybirds Preschool

<u>Illness</u>	<u>Symptoms</u>	<u>How long to stay off for</u>
Covid 19	<p>The main symptoms of coronavirus (COVID-19) are:</p> <p>a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)</p> <p>a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)</p> <p>a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal</p>	<p>If your child is showing any symptoms of covid 19 we ask that they do not attend school and get a PCR as soon as they can. If the result of the test comes back positive, they will have to isolate for 10 days and return to school when their isolation period is over and they are feeling better.</p> <p>Please keep the school closely advised.</p> <p>If a member of your family has received a positive PCR test for Covid, then please keep children who in the same household off of school and liaise with school.</p> <p>Regular updates are sent to parents on how the school is managing the spread of Covid in school. Please speak to the school if you think your child has Covid.</p>
Chicken Pox	<p>Chickenpox is a mild infectious disease that most children catch at some time. It starts with feeling unwell, a rash and, usually, a fever.</p> <p>Spots develop, which are red and become fluid-filled blisters within a day or two. They eventually dry into scabs, which drop off.</p> <p>The spots first appear on the chest, back, head or neck, then spread. They don't leave scars unless they're badly infected or picked.</p>	<p>If your child has chickenpox, keep them off school until all the spots have crusted over.</p> <p>This is usually about 5 days after the spots first appeared.</p>

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Hand, foot and mouth disease	<p>Hand, foot and mouth disease is a common infection that causes mouth ulcers and red spots on the hands and feet. It mainly affects children.</p> <p>Symptoms of hand, foot and mouth disease include mouth ulcers and red spots or blisters on the hands and feet.</p> <p>Hand, foot and mouth disease usually lasts up to 10 days. Until then, you can reduce pain with things like mouth ulcer gels, spays and painkillers.</p>	<p>If your child has hand foot and mouth, they will need to stay off school for 5 days after symptoms start as a minimum and then return when they are feeling well.</p>
Measles	<p>Symptoms appear 7 to 12 days after being infected.</p> <p>Infectious period: From around 4 days before the rash appears until 4 days after it's gone.</p> <p>Symptoms</p> <p>Measles begins like a bad cold and cough with sore, watery eyes.</p> <p>Your child will become gradually more unwell, with a fever.</p> <p>A rash appears after the third or fourth day. The spots are red and slightly raised. They may be blotchy, but not itchy. The rash begins behind the ears and spreads to the face and neck, then the rest of the body.</p> <p>The illness usually lasts about a week.</p>	<p>Children with measles will need to stay of school for 5 days after their rash appears.</p>

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Mumps	<p>A general feeling of being unwell.</p> <p>A high temperature.</p> <p>Pain and swelling on the side of the face (in front of the ear) and under the chin. Swelling usually begins on 1 side followed by the other side, though not always.</p> <p>Discomfort when chewing. Your child's face will be back to normal size in about a week.</p>	Children with mumps need to stay off school for 9 days after the onset of the swelling of the salivary glands.
Slapped cheek disease (also known as fifth disease or parvovirus B19)	<p>It begins with a fever and nasal discharge.</p> <p>A bright red rash, like the mark left by a slap, appears on the cheeks on the face.</p> <p>Over the next 2 to 4 days, a lacy rash spreads to the trunk and limbs.</p>	Please keep your child off of school until the red rash on the face has disappeared and until your child feels well enough to come back to school.
Impetigo	<p>Ruptured sores develop into honey-coloured crusts. This is highly infectious and spreads to others through touching surfaces and personal contact.</p>	<p>If your child has impetigo, they'll need treatment from a GP, often with antibiotics or antibiotic cream.</p> <p>Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.</p>

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Whooping Cough	<p>The symptoms are similar to a cold and cough, with the cough gradually getting worse. After about 2 weeks, coughing fits start. These are exhausting and make it difficult to breathe.</p> <p>Your child may choke and vomit.</p> <p>Sometimes, but not always, there will be a whooping noise as the child draws in breath after coughing.</p> <p>The coughing fits may continue for several weeks and can go on for up to 3 months.</p> <p>People with whooping cough can spread it to others for up to 3 weeks. Antibiotics can shorten this period to 5 days. Staying Healthy in Child Care provides further information about managing infectious diseases.</p>	<p>Your child will need to stay off school for 5 days if they have been prescribed antibiotics. If your child hasn't been given antibiotics, then please call the school to discuss the period they will need to stay off</p>
Scarlet fever	<p>Common symptoms associated with scarlet fever are:</p> <ul style="list-style-type: none"> Red rashes that start on the face or neck and spread onto arms, trunk and legs Red lines around knees, groin, armpit and elbows Flushed face Strawberry tongue (white tongue with red spots) 	<p>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 come back to school 24 hours after starting antibiotics.</p>
Vomiting and diarrhoea	<p>The symptoms of viral gastroenteritis include watery diarrhoea, pain or cramping in your abdomen, nausea or vomiting, and sometimes fever. Many different viruses can cause viral gastroenteritis. Viral gastroenteritis spreads through contact with small particles of an infected person's stool or vomit.</p>	<p>Children with diarrhoea or vomiting should stay away from school for 2 full days (48 hours) after their last episode of vomiting or having diarrhoea.</p>

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Conjunctivitis	<p>Itchy, red eyes. Discharge or puss forms around the eyes.</p> <p>Boil water and let it cool down then gently wipe eyelashes to clean off crusts with a clean cotton wool pad (1 piece for each eye).</p> <p>Can be treated with antibiotic eye drops from pharmacy or GP.</p>	<p>Keep your child off of school until their eyes stop discharging puss and the redness has stopped.</p>