



## Is my child too ill for school?

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### No, you can still send your child to school with:

- A slight cough
- Common cold symptoms, such as a runny nose, sore throat or headache

### Keep them at home if they:

- Have a temperature of **38C or more**
  - Have any of the illnesses or symptoms listed below
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### Yes, they should be absent from school until ...

- **Chickenpox:** at least 5 days from the onset of the spots and until all blisters have crusted over
- **Diarrhoea and vomiting:** at least 2 days (48 hours) after their last episode
- **Cold and flu-like symptoms (including mild symptoms of possible COVID-19):** they no longer have a high temperature and feel well enough to attend
- **COVID-19:** There are no longer specific COVID-19 rules for UK schools, as it's considered low-risk for children, but those with a high temperature should stay home. Children with mild symptoms like a runny nose, sore throat, or cough can attend school if they are otherwise well
- **German measles (rubella):** 5 days after the rash first appeared
- **Impetigo:** their sores have crusted and healed, or 48 hours after they started antibiotics
- **Measles:** at least 4 days after the rash first appeared
- **Mumps:** 5 days after the swelling started
- **Ringworm:** they start treatment
- **Scabies:** 24 hours after they've had their first treatment
- **Scarlet fever:** 24 hours after they began taking antibiotics
- **Whooping cough:** 48 hours after they started taking antibiotics, or 2 weeks from the start of symptoms if not treated with antibiotics

Headteacher: Mr Martin Gosling

Website: [www.friethschool.co.uk](http://www.friethschool.co.uk)

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## Send them to school, but please let us know about ...

- Cold sores
  - Conjunctivitis
  - Hand, foot and mouth
  - Head lice
  - Threadworms
  - Glandular fever
  - Tonsillitis
  - Slapped cheek
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## General advice

If you do keep your child at home, it's important to contact the school on the first day they are absent to let us know that your child won't be in and why.

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.

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## Contact the school

Tel: 01494 881554

Email: [office@friethschool.co.uk](mailto:office@friethschool.co.uk)

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