

Seabrook Primary School

Guidance on Illness and Infectious Diseases



Dear Parents/Carers

This booklet is only designed to be a guide to assist you with information about Infectious Diseases – the symptoms, incubation periods and the period of time a specific illness would dictate that your child would need to be absent from school.

The information contained was correct at the time of writing and provided by the Local Health Authority.

If you are ever unsure about your child's illness the school would always recommend that you consult your own doctor.

If your child is absent from school please can I ask that you either telephone the school before 9.30am on the first day of illness; or alternatively you can email the school on – office@seabrook.kent.sch.uk

Liz Carter
Executive Headteacher

Is my child too ill for school?

When your child is unwell, it can be hard deciding whether to keep them off school. These simple guidelines should help.

Not every illness needs to keep your child from school.

Use common sense when deciding whether or not your child is too ill to attend school. Ask yourself the following questions:

- Is my child well enough to do the activities of the school day? If not, keep your child at home.
- Does my child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- Would I take a day off work if I had this condition? If so, keep your child at home.

Common conditions

If your child is ill, it's likely to be due to one of a few minor health conditions.

Whether you send your child to school will depend on how severe you think the illness is. Use this guidance to help you make that judgement.

Remember: if you're concerned about your child's health, consult a health professional.

- **Cough and cold.** A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long lasting cough, consult your GP.
- **Raised temperature.** If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better.

- **Rash.** Skin rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or practice nurse before sending them to school.
- **Headache.** A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep the child off school and consult your GP.
- **Vomiting and diarrhoea.** Children with diarrhoea and/or vomiting should definitely be kept off school until 48 hours after their symptoms have gone. Most cases get better without treatment, but if symptoms persist, consult your GP.
- **Sore throat.** A sore throat alone doesn't have to keep a child from school. But if it's accompanied by a raised temperature, your child should stay at home
- **Chickenpox.** If your child has chickenpox, keep them off school until all their spots have crusted over.

As a school we are able to offer your child a dose of Calpol should they feel unwell, have a slight headache or temperature. We will always telephone a parent/carer to ask permission before any medicine is given.

Guidance on Infectious Diseases

Disease	Incubation Period (days)	Infectious Period	Minimum Period of Exclusion from school	Important to Seek Medical Attention
Chicken Pox	14 – 21	From 1 day before to 5 days after appearance of rash	5 days from onset of rash	Only if pregnant
Cold sores	2-12	Whilst sores weeping	None	No
Conjunctivitis	5-12	From just before to 14 days after onset	None treatment and seek headteacher's advice	Yes
Slapped Cheek (Fifth Disease)	4-20	From 7 days before the rash appears	Until temperature has gone	Only if pregnant
German Measles	14-21	5 days after onset of rash	5 days from onset of rash	Only if pregnant
Glandular Fever	30-50	May be some months but spread only by very close contact	None	Yes
Hand, foot and mouth	3-5	2-3 days before to weeks after onset	Until well	No
Head Lice	7-21	While live lice are present	None	No
Impetigo	4-10	While lesions are moist	Until treatment is established and the lesions are crusted and dry	Yes
Measles	8-15	From a few days before to 5 days after onset of rash	5 days after onset of rash	Yes
Mumps	14-21	From 5 days before onset of symptoms to subsidence of swelling	5 days after the onset of swelling	Yes

Disease	Incubation Period (days)	Infectious Period	Minimum Period of Exclusion from school	Important to Seek Medical Attention
Poliomyelitis	3-21	While virus is present in stools	Doctors advice required	Yes
Ringworm	3-21	While infection is present	Until treatment started	Yes
Scabies	1-42	While infection present	Until treated	Yes
Streptococcal Infection such as scarlet fever	2-5	Whilst organism is present	5 days after starting antibiotics	Yes
Threadworm	14-42	While infection is present	None	Yes
Tuberculosis	Varies	Whilst organism is present in sputum. Usually not infectious after 2 weeks of treatment	On advice from doctor	Yes
Whooping cough	7-10	From 7 days after exposure to 21 days after onset of cough	If treated with antibiotics, 5 days after start of treatment or 21 days from onset of cough if not treated	Yes

Sickness and Diarrhoea

Our school guidelines for children recovering from diarrhoea or vomiting are that they may return to school when they have been symptom free for **48 hours**.

Signs and Symptoms

Disease	Signs and Symptoms
Chickenpox and Shingles	<ul style="list-style-type: none">• Can start with a headache and temperature• Rash is first sign of illness and appears as small red “pimples” usually starting on the back, chest and stomach before spreading to the face, scalp, arms and elsewhere• The pimples blister and begin to dry and crust within about 2 hours• The rash appears in a succession of crops over 3 to 5 days
Conjunctivitis	<ul style="list-style-type: none">• An infection of the outer structures of the eye and the inside of the eyelid• The first symptom is excessive watering of the eye and a redness of the white of the eye• This is followed by swelling and possible discharge of pus.
Slapped Cheek	<ul style="list-style-type: none">• A mild viral disease spread by respiratory droplets• Initially it appears as a flu-like illness followed by a red rash on the face giving a “slapped cheek” appearance.• The rash may also spread to the legs and torso
German Measles (Rubella)	<ul style="list-style-type: none">• A rash is usually the first sign although there may be mild catarrh, headache or vomiting• The rash takes the form of small pink spots all over the body• There may be a slight fever or some tenderness in the neck, armpits or groin and there may be joint pain
Glandular fever	<ul style="list-style-type: none">• Sore throat and swollen glands
Hand, Foot and Mouth	<ul style="list-style-type: none">• A fever is common with ulcers in the mouth and a red, raised rash on the hands and feet which develops into small blisters
Mumps	<ul style="list-style-type: none">• The first symptoms are a fever and swelling of the salivary glands• Following this there is a stiffness or pain in the jaws or neck then the glands in the cheeks and the angle of the jaw swell up and are painful
Scarlet Fever	<ul style="list-style-type: none">• Starts with a sore throat followed by a rash which• does not affect the face but cheeks are flushed

Disease	Signs and Symptoms
Whooping Cough	<ul style="list-style-type: none"> • The early stages involve a heavy cold with a temperature and a persistent cough • The cough becomes worse and usually the characteristic “whoop” develops
Meningitis	<ul style="list-style-type: none"> • In early stages the symptoms are similar to flu • Later symptoms include severe headaches, fever, vomiting, drowsiness, dislike of bright light and neck stiffness • Urgent medical attention should be sought
TB	<ul style="list-style-type: none"> • Early symptoms are non specific and include tiredness, loss of weight and fever • When established the symptoms include fever and night sweats, cough, weight loss and sometimes spitting blood when coughing
Impetigo	<ul style="list-style-type: none"> • An infection of the skin which usually affects the face particularly around the nose and mouth causing redness which develops into blisters and weeping lesions which eventually crust
Ringworm	<ul style="list-style-type: none"> • An infection of the skin which is caused by several different fungi • Infection can be on the scalp, nails, feet and body
Scabies	<ul style="list-style-type: none"> • Scabies is caused by a tiny mite the size of a pin head which burrows under the skin and lays eggs • Symptoms are often delayed because the body takes a few weeks to react • A rash usually appears 4 to 6 weeks after infection
Threadworm	<ul style="list-style-type: none"> • Threadworm are harmless minute parasites that live in the bowel for a short time • Symptoms include itching of the skin around the anus • Underwear, nightwear and bed linen can become contaminated with eggs and therefore act as a source of infection to others

Other Information

1. Children recovering from diarrhoea or vomiting may return to school when they have been symptom free for **24 hours**.
2. Hand washing is the single most effective way to control and prevent the spread of infection. Please encourage children to wash their hands:
 - A) After using the toilet
 - B) Playing with animals
 - C) Before they eat
3. Immunisation – it is important that immunisation is carried out to prevent the outbreak of various infectious diseases.

Disease	2 months	3 months	4 months	12 months	13 months	3-5 yrs (Pre school booster)	13-18 yrs
Diphtheria	X	X	X			X	X
Tetanus	X	X	X			X	X
Whooping Cough	X	X	X			X	
Hib	X	X	X			X*	
Men C		X					
Polio	X	X	X			X	X
PCV	X		X		X		
Rotavirus	X	X					
Men B (New)	X		X	X			
Hib/MenC Booster				X			
Measles Mumps Rubella					X		

4. NHS Direct Number – 111