

If your child has an illness....

These are the guidelines for the period of time your child may need to be absent if they are unwell. (Spotty Book 2016-2019) We hope it will be useful as a guide. Please always inform school of your child's absence giving us information about the type of illness, especially if you leave a message on the answerphone. It means our records are accurate.

Disease	Usual Incubation Period (days)	Infectious period (days)	Min period of exclusion of patients from school	Exclusion of family contacts who attend school
Chickenpox	13-21 days	From 1-2 days before, to 5 days after appearance of rash	5 days from onset of rash	None
Shingles	Usually years after chickenpox	Blisters contain Chickenpox virus	Discuss with local HPU	None
Cold/Flu	1-3 days	While symptoms persist	While child unwell	None
Conjunctivitis	2-3 days	During active infection (with pus and crusting)	Single cases: if child is well no exclusion necessary	None
Ear Infections/ Sticky Ears	May be chronic	Usually not infectious	None	None
Food Poisoning	Varies according to cause	Varies according to cause – usually whilst symptomatic	Until clinically fit with no diarrhoea or vomiting for 48 hours	None
German Measles	14-21 days	From 7 days before to 5 days after onset of rash	6 days from appearance of rash	None. If pregnant woman is in contact, she should consult GP.
Glandular Fever	4-6 weeks	Once symptoms have cleared risk is small apart from very close contact eg) kissing	Until clinical recovery	None
Hand, Foot and Mouth Disease	3-5 days	Probably from 2-3 days before and up to several weeks after onset of symptoms (virus in stools)	Until clinically well. Presence of rash does not indicate infectivity	None

Head & Body Lice	Eggs hatch in 1 week	As long as live lice or eggs	None: Treatment should be started on day head lice found. No need to send child home	None
Impertigo	4-10 Days	So long as lesions are wet and pus is present	Until lesions are crusted or healed	None
Measles	7-14 Days	From a few days before to 5 days after onset of rash	4 days from onset of rash	None
Mumps	12-21 commonly 18 days	2 days before onset of swelling to 5 days after	Until swelling has subsided (5 days min)	None
Ringworm	4-10 Days	As long as rash present	None (treatment recommended)	None
Scabies	Few days to 6 weeks	Until mites and eggs are destroyed by treatment	Day of treatment	None Household should be treated at the same
Scarlet Fever	2-5 Days	Whilst organism is present in the nose and throat or skin lesion	24 Hours after commencing antibiotic treatment	None
Threadworms	2-6 weeks to complete life cycle	When eggs are shed in faeces	None once treated	None. Household should be treated at the same time