

The following guidelines are suggested for the more common illnesses:

Disease/Illness	Nature of Infection	Minimal Exclusion Period
Chickenpox and Shingles	Viral infection - infectious from one or two days before the rash starts until blisters have crusted over. Shingles only occurs in people who have previously had chickenpox infection. Shingles has a similar exclusion period.	5 days after the rash appears
Conjunctivitis	Inflammation of the eye and eyelid which is spread by skin contact, e.g. rubbing eyes, sharing towels.	A child should stay away until treated and/or eye(s) appear normal again
Diarrhoea and Vomiting	see advice for food poisoning below.	Until there has been no diarrhoea or vomiting for 48 hours
Food Poisoning	This is caused by a wide range of viruses and bacteria. Symptoms can vary depending on the infectious agent but may include vomiting and diarrhoea, abdominal pain, nausea and fever.	Children with diarrhoea or vomiting should not attend school until 48 hours after the last episode.
German Measles	Mild viral disease which may involve a skin rash and a slight feeling of being unwell.	5 days from onset of rash and until child feels well
Hand, Foot and Mouth Disease	Viral disease most common in under 3s. It usually lasts 5-7 days and does not require any treatment. It is very contagious and spread by skin contact and discharges	As the disease is contagious before a diagnosis can be made children do not need to stay off school.
Headlice	Headlice can only be spread by head to head contact. Treatment should only be carried out if live, moving lice are seen in the hair. In addition, it is recommended that regular combing is carried out to ensure early detection.	No period of exclusion but please let school know
Influenza	This is an acute viral disease which is spread by the respiratory route. Incubation is 1-5 days. A vaccine is available.	
Impetigo	Bacterial skin infection causing blisters. The fluid in the blister is contagious. Treatment is by cream and antibiotics.	Children should not attend school until the blisters are crusted or healed.
Measles	The risk of infection is greatest before the rash appears. The rash appears about 3-4 days after the child is first ill.	Children are often poorly and will be too ill to attend school.

Methicillin Resistant Staphylococcus aureus (MRSA)	This is commonly found on the hair, skin and in the nostrils of 30% of the population. It usually causes no harm but can sometimes cause infections such as boils, sties, infected cuts and abscesses which may need antibiotics.	A child does not need to be absent from school unless they feel unwell.
Mumps	A viral infection of the salivary glands.	5 days from onset of swollen glands and child feels well
Pharyngitis/Tonsillitis	These are usually caused by a virus and will only require antibiotics if the infection is bacterial and severe.	A child should stay at home until they feel well.
Ringworm	This is caused by a fungal infection either on the scalp, head or feet.	Provided treatment is given there is no need for a child to stay at hom.
Scabies	Skin condition caused by a tiny mite which is spread by skin to skin contact. Treatment is usually necessary for all family and close contacts	Child can return to school day after treatment
Scarlet Fever (Scarlatina)	This disease is caused by a common bacterium which can spread easily from person to person and requires antibiotic treatment.	When child feels well, usually after about 5 days
Slapped Cheek	This disease is caused by the human parvovirus. It is mild and involves a rash and possibly a slight fever. The early part of the disease is contagious	By the time a child develops the rash they are no longer infectious so they can continue to attend school.
Threadworm	This is not serious or dangerous but is a common infection which requires medication from the chemist and all family members need to be treated.	Child may return after treatment
Verruca	These are warts on the feet caused by a viral infection. They have a limited life span and usually heal by themselves but this can take up to two years. They are spread by direct contact and touch but not easily.	Child does not need to stay away from school and can go swimming if verucca is covered with a waterproof plaster or sock
Whooping Cough		5 days from commencing antibiotics or 21 days without treatment