

# Advice to parents and carers

Exclusion from school, with infections.

Is my child too ill for school?



Dear Parent / Carer,

We are experiencing a high number of children with infections ranging from coughs and colds to diarrhoea. This usually happens as we enter the winter period. It can be tricky deciding whether or not to keep your child off school when they're unwell, but bringing them to school whilst they are infectious may worsen the current problem.

There are government guidelines for schools and nurseries about managing specific infectious diseases:

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

These say when children should be kept off school and when they shouldn't, parents should refer to this guidance, a standard rule that should be adhered to is:

- Diarrhoea and or vomiting infections, stay away from school until they have not been sick or had diarrhoea for at least 1 day (24 hours) or 2 days (48 hours) if it is sickness AND diarrhoea.
- Coughs and colds, exclude whilst high temperature, and until well enough to return.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

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.

Further advice and links to support for families to keep well this winter can be found by visiting:

<https://gmintegratedcare.org.uk/3-steps-to-keep-healthy/>

Scan below for further information:



Practical guide managing infection.



3 steps to keep healthy this winter.

Thank you for giving this your attention.

Kind regards

Adam Hossen  
Headteacher