

Health Protection advice for schools, nurseries and other childcare facilities

What's it called?	What are the symptoms? Click link for information	Do I need to keep my child off school? Who should be informed?
Athlete's foot	Common fungal infection that affects the feet. Athlete's foot - NHS (www.nhs.uk)	No need to stay off school or nursery. It is not a serious condition. Treatment is recommended. Inform school/nursery.
Chicken Pox *(see below re pregnancy)	Rash begins as small, red flat spots and develops into itchy blisters. Chickenpox - NHS (www.nhs.uk)	Yes, until all the spots have crusted over, and your child is well (usually 5 days after the spots have appeared). Inform school/nursery.
Cold Sores (Herpes Simplex)	Cold sores are generally mild and heal without treatment but are contagious until completely healed (around 10 days). Cold sores - NHS (www.nhs.uk)	No need to stay off school or nursery. Avoid kissing and contact with the sores. Inform school/ nursery.
Conjunctivitis	Usually affects both eyes and makes them red, burn or feel itchy. Conjunctivitis - NHS (www.nhs.uk)	No need to stay off school unless child feels unwell. Inform school/nursery.
COVID** (Respiratory disease) *(see below re pregnancy)	High temperature, cough, feeling unwell, loss of taste or smell. Coronavirus (COVID-19) - NHS (www.nhs.uk)	Yes, stay at home for 3 days or until feels well enough to return after 3 days and no temperature. Avoid contact with others. Inform school/nursery.
Diphtheria **	High temperature, swollen glands, grey / white coating to throat or tongue. Diphtheria - NHS (www.nhs.uk)	Yes, stay at home is essential (contact UKSHA for advice on exclusion time). Must inform GP. Inform school/nursery.
Flu (Influenza)	High temperature, achy body, sore throat, cough, and headache. Flu - NHS (www.nhs.uk)	Yes. Child needs to be well enough to attend school. Inform school/nursery.
German measles** *(see below re pregnancy)	Mild fever, swollen glands, and a rash. Rubella (german measles) - NHS (www.nhs.uk)	Yes, as soon as symptoms develop until 5 days after the onset of the rash. Child needs to be well enough to attend school. Inform school/nursery.
Glandular fever	High temperature, sore throat, swollen glands. Glandular fever - NHS (www.nhs.uk)	Yes. Child needs to be well enough to attend school. Inform school/nursery.
Hand, foot, and mouth disease *(see below re: pregnancy)	Fever, sore throat, headache. Small painful blisters can appear inside mouth, hands & feet. Hand, foot and mouth disease - NHS(www.nhs.uk)	No need to stay off school if child seems well enough to go but school or nursery should be informed.
Head lice	Itchy head, like something is moving in your hair. Head lice and nits - NHS (www.nhs.uk)	No need to stay off but school or nursery should be informed. Treatment recommended only when live lice seen.
Impetigo	Starts with red sores or blisters. These can be itchy, painful, and spread. Impetigo - NHS (www.nhs.uk)	Yes, until lesions are crusted & healed or 48 hours after starting antibiotics. Inform school/nursery.
Measles ** *(see below re: pregnancy)	Usually starts with cold-like symptoms, followed by a rash a few days later. Small spots in mouth may appear. Measles - NHS (www.nhs.uk)	Yes. Stay off school or nursery for at least 4 days from when the rash appears and when they are well enough to attend. Contact your GP. Inform school/nursery.

Meningococcal Meningitis or Meningitis due to other bacteria**	Rash that does not fade when a glass is rolled over, stiff neck, high temperature, dislike of bright lights, drowsiness, sickness and headache. Meningitis - NHS (www.nhs.uk)	Yes, stay off school until well enough to return. Contact your GP / Inform school/nursery.
Molluscum Contagiosum	Viral skin infection. Molluscum contagiosum - NHS (www.nhs.uk)	No need to stay off as self-limiting. Stop the spread by not sharing towels or squeezing lesions. Inform school/nursery.
Mumps**	Painful swelling in the side of face under the ears. Mumps - NHS (www.nhs.uk)	Yes, stay off school or nursery until five days after onset of swelling. Contact your GP. Inform school/nursery.
Ringworm	Common fungal infection, causing a rash (not worms). Ringworm - NHS (www.nhs.uk)	No need to stay off but school or nursery should be informed. Antifungal treatment required.
Scabies	Skin infection caused by a mite. Intense itching, especially at night, and raised rash or spots. Scabies - NHS (www.nhs.uk)	Yes. Back to school after first treatment. Household/close contacts require treatment at the same time. Inform school/nursery.
Scarlet fever (scarlatina)** *(see below re: pregnancy)	Sore throat and painful glands in neck. A rash appears 12 to 48 hours later. Scarlet fever - NHS (www.nhs.uk)	Yes. Child can return to school 24 hours after starting antibiotics and if they are well enough to attend. Contact GP. Inform school/nursery.
Slapped cheek syndrome (fifth disease / parvovirus B19) *(see below re: pregnancy)	High temperature, runny nose, sore throat, headache. A red rash may appear on 1 or both cheeks. Slapped cheek syndrome - NHS (www.nhs.uk)	No. If child is well, they can attend. They are no longer infectious once the rash appears. School or nursery should be informed.
Sickness bug/diarrhoea and vomiting	Stomach cramps, nausea, vomiting and diarrhoea. Diarrhoea and vomiting - NHS (www.nhs.uk) Norovirus (vomiting bug) - NHS (www.nhs.uk)	Yes. Child can return to school 48 hours after last episode of diarrhoea or vomiting and when your child is well enough to return. Inform school/nursery.
Threadworms	Itching around the anus, particularly at night. Threadworms - NHS (www.nhs.uk)	No need to stay off but school or nursery should be informed. Treatment is recommended for child & household.
Warts and Verrucas	Small lumps that appear on the skin. Warts and verrucas - NHS (www.nhs.uk)	No need to stay off but school/nursery should be informed. Verrucas should be covered in swimming pools & changing rooms. Usually resolve on their own.
Whooping cough**	Coughing bouts that are worse at night. The cough will make a 'whoop' sound, may be sick from the mucus. Whooping cough - NHS (www.nhs.uk)	Yes. Child can return to school 48 hours after starting antibiotics and when your child is well enough. Inform school/nursery.

***Pregnancy - Female staff / female students** – If a pregnant woman develops a rash or is in direct contact with someone with a potentially infectious rash, this should be investigated by their medical practitioner (GP, Midwife, or hospital) at any stage of pregnancy.

****Notifiable disease to UKSHA by setting:** [notifiable-diseases-and-causative-organisms-how-to-report \(www.gov.uk\)](http://www.gov.uk) Please contact UKHSA East Midlands on: phe.crc.eastmidlands@phe.gov.uk or 0344 2254 524

Useful Links

[The complete routine immunisation schedule from February 2022 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)

[PHE document \(england.nhs.uk\) Spotty book](http://england.nhs.uk) - includes cleaning and hygiene advice

[Health A to Z - NHS \(www.nhs.uk\)](http://www.nhs.uk)