

What to do: advice on childhood illnesses

1. Your child can go to nursery/preschool: but may need treatments as shown

2. Can be spread to other children. Some restrictions for attending nursery/pre-school

3. Your child cannot go to nursery/pre-school – contact your GP. See advice below for when they can return

What it's called	What it's like	Ok for Early Years/pre-school	More advice
Chicken Pox	Rash begins as small, red flat spots that develop into itchy fluid-filled blisters	2	Although the usual exclusion period is 5 days, all lesions should be crusted over before children return to nursery or school.
Common cold	Runny nose, sneezing, sore throat	1	Children should be given paracetamol, plenty of fluids to drink and can be sent to Early Years setting. Ensure good hand hygiene – dispose of tissues and regularly wash hand with soap and water*
Conjunctivitis	Teary, red, itchy, painful eyes	1	Treatment is not usually required. Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat	2	Children should go back to Early Years / childcare setting when recovered - this is usually about five days. Ensure good hand hygiene*
Glandular Fever	High temperature, sore throat (usually more painful than any before) and swollen glands	1	Child needs to be well enough to participate at their Early Years / childcare setting
Hand, Foot and Mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth and on tongue and gums (may also appear on hands and feet)	1	Children can go to Early Years / childcare setting with hand, foot and mouth disease
Head Lice	Itchy scalp (may be worse at night)	1	Treat child and all other family members by wet combing with a nit comb and conditioner
Impetigo	Clusters of red bumps or blisters surrounded by area of redness	3	See GP. Back to Early Years setting when the lesions crust over or 48 hours after the start of antibiotics
Measles	Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, red blotchy rash	3	Contact your GP (by phone initially) if you think that your child might have measles. Back to Early Years / childcare setting 4 days from on-set of rash
Ringworm	Red ring shaped rash , may be itchy rash, may be dry and scaly or wet and crusty	1	See pharmacist for advice about treatment.
Scabies	Intense itching, pimple-like rash . Itching and rash may be all over the body but is commonly between the fingers, wrists, elbows and arms	1	See pharmacist for advice about treatment. Back to school after first treatment
Scarlet fever / strep throat	Severe sore throat and painful glands in neck. No runny nose or cough. Associated with sandpaper-like pink/red rash in scarlet fever.	3	See G.P. Return to Early Years / childcare setting 24 hours after starting antibiotics
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister type rash.	2	Only stay off Early Years / childcare setting if rash is weeping and not covered
Sickness bug/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea	2	Return to Early Years / childcare setting 48 hours after the last episode of diarrhoea or vomiting. See G.P if they appear to be getting dehydrated (passing little urine or becoming lethargic)
Threadworms	Intense itchiness around the anus	1	Get treatment from local pharmacy or GP. Everyone at home should be treated
Mild tonsillitis	Sore throat associated with runny nose or cough	1	See GP if they are not starting to improve or fever persists for more than 5 days

Please visit the following websites for more information:
[Should your child go to school / Childcare Setting?](#)
[Worried your child is unwell](#)

This information is a guide and has been checked by health professionals, however if you are unsure about your child's wellbeing we recommend you contact your pharmacy or GP to check

