

What to do

Advice on childhood illnesses

Go to school; if needed get treatment from pharmacy

Stay off school but don't need G.P.

Don't go to school and see the GP

What it's called	What it's like	Going to school	Getting treatment	More advice
Chicken Pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters.	●	Pharmacy	Back to school 5 days after on-set of the rash
Common Cold	Runny nose, sneezing, sore throat	●	Pharmacy	
Conjunctivitis	Teary, red, itchy, painful eye(s)	●	Pharmacy	
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat	●	Pharmacy	
German measles	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards.	●	G.P.	Back to school 6 days from on-set of rash
Glandular fever	high temperature, sore throat; usually more painful than any before and swollen glands	●	G.P.	
Hand, foot & mouth disease	Fever, Sore throat, Headache, Small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)	●	G.P.	
Head lice	Itchy scalp (may be worse at night)	●	Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness	●	G.P.	Back to school when lesions crust or 48 hours after 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	●	G.P.	Back to school 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	●	G.P.	
Scabies	Intense itching, pimple-like rash. Itching and rash may be all over the body but commonly between the fingers, wrists, elbows, arm	●	G.P.	Back to school after first treatment
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash.	●	G.P.	Only stay off school if rash is weeping and cannot be covered
Sickness bug/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea	●	Pharmacy	See GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus	●	Pharmacy	
Tonsillitis	Intense Sore throat	●	Pharmacy	
Whooping cough	Violent coughing, over and over, until child inhales with "whooping" sound to get air into lungs.	●	G.P.	Back to school after 5 days of antibiotics or 21 days from onset of illness

This information is a guide and has been checked by health professionals, however, if you are unsure about your child's well-being, we recommend you contact your pharmacy or G.P.

This leaflet has been produced in partnership between

