

## What else do I need to know?

### Medicines in school

Check with your school regarding their medicine policy, as most will agree to give children prescribed medicine in school.

Please discuss with the Head Teacher.

### Your school nurse

Your school nurse is available to meet with you in school or discuss issues over the phone or by email.

Please ask your school reception for details.

### Other advice

You don't have to wait to see a doctor; you can get advice and some treatment from your local pharmacist.

You can also contact the **NHS** on 111 for advice

### Where to find the school nurses

Beckenham Beacon  
379 Croydon Road  
Beckenham  
BR3 3QL

[schoolnurses@bromleyhealthcare-cic.nhs.uk](mailto:schoolnurses@bromleyhealthcare-cic.nhs.uk)



Parents in Bromley can now download a free App packed full of up to date, valuable information about our School Nurse Service. Available from the App store or on Google Play.

## A word about handwashing...

Thorough handwashing and drying is one of the most important ways of controlling the spread of infections. Please encourage your child to wash their hands, especially after using the toilet, before eating and if they have a cough/cold.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Bromley Healthcare  
Global House  
10, Station Approach  
Hayes  
BR2 7EH

[contact@bromleyhealthcare-cic.nhs.uk](mailto:contact@bromleyhealthcare-cic.nhs.uk)  
[www.bromleyhealthcare.org.uk](http://www.bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Global House, 10 Station Approach, BR2 7EH

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Healthcare**  
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Working with



# Can my child go to school today?

## Every day counts



**You may find this leaflet useful if your child is unwell, as children do not always need to be off school. Remember every day counts!**

### **Conjunctivitis**

See your GP for treatment. Your child can go to school. Your child should be encouraged to wash their hands to prevent further spread of infection.

### **Coughs and colds**

Your child should be given Paracetamol as directed, plenty of fluids and can be sent to school. If your child is asthmatic, remember they may need their blue inhaler more often.

### **Diarrhoea and vomiting**

Your child can return to school 48 hours after the last episode of diarrhoea or vomiting.

### **Flu and swine flu**

Your child can go back to school when recovered – this is usually about five days.

### **Hand, foot and mouth, warts and verrucae, athlete's foot and molluscum contagiosum**

Your child can go to school and still go swimming. Verrucae should be covered in swimming pools and changing rooms.

### **Headache, earache and stomach ache**

Your child can go to school – just let teaching staff know they have felt unwell. Give Paracetamol as directed and plenty of fluids. If symptoms persist, seek medical advice.

### **Head lice**

Your child can go to school with head lice but they **must** be treated for the condition to prevent further spreading. Parents should treat children and other family members only if live lice have been seen.

Speak to your school nurse for further advice.

### **Impetigo**

Your child can go back to school when their lesions are crusted over or healed, or two days after starting antibiotics.

### **Measles, chicken pox and German measles (Rubella)**

*Measles* – Your child can go back to school four days after the rash has started. **Preventable by vaccination (MMR x 2)**

*Chicken pox* – Your child can go back to school five days after the rash has started.

*German measles* – Your child can go back to school six days after the rash has started. **Preventable by vaccination (MMR x 2)**

Please let school staff know about any of the above, as pregnant members of staff and children with reduced immunity may be affected.

### **Mumps**

Your child can go back to school five days from the start of swollen glands. **Preventable by vaccination (MMR x 2)**

### **Scabies**

See your GP for treatment. Your child can go back to school after the first treatment. Others at home should be treated.

### **Scarlet fever and slapped cheek**

*Scarlet fever* – Your child can go back to school 24 hours after starting antibiotics.

*Slapped cheek* – Your child can go to school with slapped cheek, but let the school know as pregnant staff and children with reduced immunity may be affected.

### **Sore throat, tonsillitis and glandular fever**

Your child should be given Paracetamol as directed, plenty of fluids and can be sent to school. Some cases of tonsillitis may need antibiotics from your GP.

### **Threadworms**

Your child can go to school when they have started their treatment. Others at home should be treated. Your child should be encouraged to wash their hands thoroughly and often to prevent further spread.

### **Whooping cough**

Your child can go back to school five days after starting antibiotics. Non-infectious coughing may continue for many weeks. **Preventable by vaccination (course of three baby injections and pre-school booster).**

**The above information is based on Public Health England's advice and is for guidance only. If in any doubt, please seek medical advice.**