

## **A few Medical Matters ...**

We would just like to clarify a few points regarding some common illnesses that occur in schools. The following are some basic guidelines if your child should show some symptoms. We do talk to children about basic hygiene rules and we would ask that you could reinforce this at home please so we can stop some of these infections spreading. We have introduced additional precautions e.g. hand sanitisers, used before lunch.



As with all illnesses we do consult government guidelines as to their advice.

### **Sickness and/or Diarrhoea**

At the first sign of either of the above please keep your child at home; for 48 hours from the first occasion they have had sickness or diarrhoea. It is quite commonplace to have tummy bugs going around school but we do ask that if everyone keeps to the 48 hour rule, this will help to stop any major outbreaks.

### **Conjunctivitis**

Conjunctivitis is extremely infectious and is quite common. We would send children home if we suspect they have conjunctivitis but as soon as they begin treatment they can be in school, unless it is bothering them too much.

The advice would be to give children their own towels etc during this period of treatment and bathe eyes in cooled boiled water.

### **Worms**

Again, basic hygiene rules apply but medication is available through the Chemist or Doctors. Absence from school is not required unless the child is particularly unwell. Treatment is recommended for the whole family.

### **Chicken Pox and Shingles**

You will generally know when your child has chickenpox and the chances are that they have been infectious before the spots appear. When they do appear we advise they are taken to the doctor to have this illness confirmed and they are allowed back into school when the spots are dry and crusted over (usually five days).

The same applies to shingles.

P.T.O.

## Head Lice

This is probably the most common occurrence in schools. To keep this in check we cannot stress enough the importance of checking your child's hair on a weekly basis. In the first instance we would recommend to comb hair with a 'nit comb' and conditioner. If further treatment is required there are various types of treatment available at the chemist but scalps may become immuned to treatment if applied regularly. Please take a look at the website [www.onceaweektakeapeek.com](http://www.onceaweektakeapeek.com) for further information or leaflets are available from the school office.

Please note that all the family must be treated and if any headwear, such as helmets or hats, are worn these would need treating as well.

If you require further help please contact the School Nurse—01507 608342.

## Impetigo

Antibiotic treatment is usually required for impetigo. This may look like a cold sore but children would need to be absent from school for 48 hours after commencing treatment as this can easily spread.

## Coughs and Colds

We wouldn't expect children to be absent unless they have a temperature and feeling generally unwell. Unfortunately, we cannot stop the spread of colds and coughs but again recommend basic hygiene rules and the appropriate use of tissues.



If you think your child would benefit from a dose of Calpol mid-day to help them through the day, please let Mrs Foulds or the Class Teacher know but the best time would be just before 12.00 or around 1.00 p.m.

**Water bottles**—please try and remind your child to come to school with a water bottle. We do encourage children to drink during the day and we have water coolers in each key stage for them to be refilled. Please do not send juice into school unless it is for lunch-time. Water bottles are £1.00 or 30p for a top—available from the school office, however, you can supply your own if you prefer.



As with all illnesses, we would not expect children to be back at school until they are eating properly and can cope with a day at school.

It is important we know the reason for your child being absent from school and in particular, for chicken pox and shingles as we do have to let all staff know of these illnesses.

Thank you for your help.