

## Infection Control Policy for Common Childhood Diseases September 2025

No child or adult should in school if they are unwell. In order to fulfil our duty of care, and to keep everyone in community safe, the school will always follow the guidance from NHS, UKFSA, PHE and the government. As an agreed policy, all parents and carers will be expected to follow the school's procedure. If a child is unwell whilst at school, parents/carers will be contacted and they will be sent home until they are well, or have stayed home for the period amount of time stipulated in this policy.

Disease	What are the symptoms?	It is infectious?	Does the child need to stay off school?	Link to NHS
Chickenpox and Shingles	<p>Chickenpox usually begins with the onset of a slight fever, feeling generally unwell for a couple of days before the spots appear. The spots can appear everywhere, they usually begin on the scalp/face and back, but they can be seen inside the mouth and genitalia. The rash is very itchy. The spots leave scarring if they are scratched and become infected. The spots look flat and red; these later become raised and filled with fluid. Most children become free from chickenpox in less than two weeks.</p>	Yes	<p>Yes.</p> <p>Individuals should be kept away from school for at least five days from onset of rash AND until all lesions have crusted over.</p>	<p><a href="https://www.nhs.uk/conditions/chickenpox/">https://www.nhs.uk/conditions/chickenpox/</a></p>
Cold sores / Herpes simplex	<p>Symptoms include:</p> <ul style="list-style-type: none"> <li>• swollen and irritated gums with small, painful sores in and around the mouth – this is known as herpes simplex gingivostomatitis</li> <li>• sore throat and swollen glands</li> <li>• producing more saliva than normal</li> <li>• high temperature (fever) of 38C (100.4F) or above</li> <li>• dehydration</li> <li>• feeling sick (nausea)</li> <li>• headaches</li> </ul> <p>Herpes simplex gingivostomatitis usually affects young children, but adults can also develop it. It can last 7 to 14 days, with the sores taking up to three weeks to heal.</p>	Yes	<p>No.</p> <p>Children do not need to be stay home from school unless feeling unwell. It is important to ensure good cleaning standards are maintained and additional consideration is given to potentially contaminated items such as toys, play equipment and 'high contact' areas.</p>	<p><a href="https://www.nhs.uk/conditions/cold-sores/">https://www.nhs.uk/conditions/cold-sores/</a></p>

Conjunctivitis	<p>Symptoms of conjunctivitis are:</p> <ul style="list-style-type: none"> <li>• Swelling and watering of the eyes</li> <li>• Burning sensation</li> <li>• Feeling of grit in the eye</li> <li>• Itchy eyes (more common in allergic conjunctivitis)</li> <li>• The white of the eye may appear red or pink and there may be a discharge which causes the eyelids to stick together, making them difficult to open.</li> <li>• Light might cause pain in the eye and increase the watery discharge</li> </ul>	Yes	<p>No.</p> <p>Children do not need to be stay home from school unless feeling unwell. Parents should notify the school if their child has conjunctivitis to ensure that staff can take preventative action to reduce the risk of transmission to others. If there are a number of cases, , the school will contact the health protection team to discuss further actions as it may be necessary to consider exclusion in these instances.</p>	<a href="https://www.nhs.uk/conditions/conjunctivitis/">https://www.nhs.uk/conditions/conjunctivitis/</a>
COVID 19	<p>Symptoms are:</p> <ul style="list-style-type: none"> <li>• a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)</li> <li>• a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours</li> <li>• a loss or change to your sense of smell or taste</li> <li>• shortness of breath</li> <li>• feeling tired or exhausted</li> <li>• an aching body</li> <li>• a headache</li> <li>• a sore throat</li> <li>• a blocked or runny nose</li> <li>• loss of appetite</li> <li>• diarrhoea</li> <li>• feeling sick or being sick</li> </ul> <p>The symptoms are very similar to symptoms of other illnesses, such as colds and flu.</p>	Yes	<p>Yes.</p> <p>Children and young people with COVID-19 should not attend their education setting while they are infectious. The government recommends:</p> <p><b>If a child or young person aged 18 or under tests positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days. This starts from the day after they did the test. Children and young people tend to be infectious to others for less time than adults. If they're well and do not have a temperature after 3 days, there's a much lower risk that they'll pass on COVID-19 to others.</b></p> <p>They should return to their educational as long as they feel well enough to do so and do not have a temperature.</p>	<a href="https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/">https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/</a>

Croup	<p>Symptoms can include:</p> <ul style="list-style-type: none"> <li>• a barking cough that sounds like a seal (you can search online to hear examples)</li> <li>• a hoarse voice</li> <li>• difficulty breathing</li> <li>• a rasping sound when breathing in</li> </ul>	Yes – due to other respiratory illnesses being a factor	No.  Children can be at school when they feel better and their breathing has eased.	<a href="https://www.nhs.uk/conditions/croup/">https://www.nhs.uk/conditions/croup/</a>
Diarrhoea and Vomiting	<p>Diarrhoea and vomiting can have many different causes (including medical conditions, side effects of medications, etc.) but the cause should be assumed to be an infection until known otherwise.</p> <p>Symptoms are:</p> <ul style="list-style-type: none"> <li>• Vomiting</li> <li>• Diarrhoea and/or abdominal pain</li> <li>• Fever</li> <li>• Headache</li> </ul> <p>The symptoms may occur singly or in combination.</p>	Yes.	Yes.  Children must stay at home school until the diarrhoea and vomiting has stopped and they have been passing normal stools and not vomited for at least 48 hours.	<a href="https://www.nhs.uk/search/results?q=diarrhoea%20and%20vomiting">https://www.nhs.uk/search/results?q=diarrhoea%20and%20vomiting</a>
Glandular Fever	<p>Symptoms include:</p> <ul style="list-style-type: none"> <li>• Swollen glands</li> <li>• Fever and sometimes a rash</li> <li>• Occasionally patients become jaundiced (turn yellow).</li> </ul> <p>Young children tend to suffer mild symptoms which are often difficult to recognise.</p>	Yes Spread is by saliva	No.  Full recovery may take some weeks, during which time the person may feel very washed out. This is not a very infectious disease except with close contact (known as “kissing disease”) and the child should only be kept away if feeling unwell.	<a href="https://www.nhs.uk/conditions/glandular-fever/">https://www.nhs.uk/conditions/glandular-fever/</a>
Hand, Foot and Mouth Disease	<p>The onset of the disease generally presents as:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Malaise</li> <li>• Sore mouth</li> <li>• Development of a rash</li> <li>• Mouth lesions appear on the inside surfaces of the cheeks, gums and on the sides of the tongue</li> <li>• Raised pink spots that develop into blisters, which may persist for seven to ten days, can also occur as a rash, especially on the palms, fingers, soles and occasionally on the buttocks.</li> </ul>	Yes – more common in summer and early autumn	No.  Keep your child off school whilst they are feeling unwell. A good standard of hand, personal and food hygiene should be maintained.	<a href="https://www.nhs.uk/conditions/hand-foot-mouth-disease/">https://www.nhs.uk/conditions/hand-foot-mouth-disease/</a>
Head Lice	<p>Head lice are parasitic insects that only live on human heads. There are three forms of head lice:</p> <ul style="list-style-type: none"> <li>• Nits are head lice eggs. The oval, yellowy white eggs are hard to see and may be confused with dandruff. They attach</li> </ul>	Low infection	Children can return to school once it the head lice have been treated.	<a href="https://www.nhs.uk/conditions/head-lice-and-nits/">https://www.nhs.uk/conditions/head-lice-and-nits/</a>

	<p>themselves to the hair shaft and take about a week to hatch. The eggs remain after hatching and many nits are empty egg cases.</p> <ul style="list-style-type: none"> <li>• Nymphs hatch from the nits. The baby lice look like the adults, but are smaller. They take about 7 days to mature to adults and feed on blood to survive.</li> <li>• Adults are about the size of a sesame seed. They have six legs and are tan to greyish-white. The legs have hook-like claws to hold onto the hair with. Adults can live up to 30 days and feed on blood.</li> </ul>			
Impetigo	<p>Impetigo is a common and highly contagious skin infection that causes sores and blisters. It's not usually serious and often improves within a week of treatment. It is quite common in young children aged four years or under, but it can affect any age group. Outbreaks can occur in nurseries and schools. The infection is more common in the summer months.</p> <p>Impetigo is caused by bacteria infecting the outer layers of skin. The bacteria can infect the skin in two main ways:</p> <ul style="list-style-type: none"> <li>• Through a break in otherwise healthy skin, such as a cut, insect bite or other injury</li> <li>• Through skin damaged as a complication of another underlying skin condition, such as scabies or eczema</li> </ul> <p>Once someone is infected with the bacteria, the infection can be spread easily through close contact such as through direct physical contact</p>	Yes, highly infectious whilst the sores are discharging pus	Yes. Children must stay at home until lesions are crusted over or 48 hours after antibiotic treatment has been started.	<a href="https://www.nhs.uk/conditions/impetigo/">https://www.nhs.uk/conditions/impetigo/</a>
Influenza	<p>The most common symptoms of influenza are an abrupt onset of:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Shivering</li> <li>• Headache</li> <li>• Sore throat</li> <li>• Muscle ache</li> <li>• Dry cough</li> <li>• Lethargy</li> </ul> <p>People can confuse uncomplicated mild influenza with a heavy cold. Cold symptoms are limited to the nose and throat with runny nose, sneezing, watery eyes, throat irritation and headache. The symptoms usually occur gradually and only rarely cause a high fever or body aches.</p>	Yes	Yes Children should stay at home while feeling ill and until at least 24 hours once the temperature has returned to normal.	<a href="https://www.nhs.uk/conditions/flu/">https://www.nhs.uk/conditions/flu/</a>

Measles	<p>The initial symptoms of measles usually appear around ten days after infection and disappear about seven -ten days later. The initial symptoms can include:</p> <ul style="list-style-type: none"> <li>• Cold-like symptoms (such as a runny nose, watery eyes, swollen eyelids and sneezing)</li> <li>• Conjunctivitis or red eyes and sensitivity to light</li> <li>• High temperature (fever), which may peak at around 40°C (104°F)</li> <li>• Tiredness, irritability and a general lack of energy</li> <li>• Lack of appetite</li> <li>• Aches and pains</li> <li>• Dry harsh cough</li> <li>• Small white spots (Koplick spots) may be seen inside the mouth. These can persist for several days.</li> <li>• Diarrhoea and/or vomiting are common.</li> <li>• A red blotchy rash normally develops about three -four days after the first symptoms. It usually starts on the head and neck, spreading down the body.</li> <li>• The rash often turns a brownish colour and gradually fades over a few days.</li> </ul> <p>Children are initially usually quite unwell for three - five days until the fever settles and the rash fades. Most children are better within seven - ten days. An irritating cough may persist for several days after other symptoms have gone.</p>	Yes	Yes Stay at home for at least 4 days from when the rash appears	<a href="https://www.nhs.uk/conditions/measles/">https://www.nhs.uk/conditions/measles/</a>
Meningitis and Septicaemia	<p>Most people with meningitis will have mild flu-like symptoms, such as:</p> <ul style="list-style-type: none"> <li>• Headaches</li> <li>• Fever</li> </ul> <p>Generally not feeling very well In more severe cases of meningitis, your symptoms may include:</p> <ul style="list-style-type: none"> <li>• Neck stiffness</li> <li>• Muscle or joint pain</li> <li>• Nausea and vomiting</li> <li>• Diarrhoea</li> <li>• Sensitivity to light (photophobia)</li> <li>• Sleepiness/vacant/difficult to wake</li> <li>• Confused/dazed</li> </ul>	Low	Yes. Cases are followed up by the hospital consultant; and the decision will be made when they are fully recovered. There is no reason for siblings or other close contacts to stay home.	<a href="https://www.nhs.uk/conditions/meningitis/">https://www.nhs.uk/conditions/meningitis/</a>

	<ul style="list-style-type: none"> <li>• Rash</li> <li>• Seizures</li> </ul> <p>Signs and symptoms of septicaemia may be:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Muscle pain</li> <li>• Mottled skin</li> <li>• Cold hands/feet</li> <li>• Heavy breathing/breathlessness</li> <li>• Sleepiness/vacant/difficult to wake</li> <li>• Confused/dazed</li> <li>• Rash</li> </ul> <p>If you are in any doubt, ring 111 without delay.</p>			
Mumps	<p>Symptoms may be:</p> <ul style="list-style-type: none"> <li>• Swelling and pain of one or both parotid glands are the usual main symptoms. The parotid glands are the main salivary glands. They are just below the ears and cannot normally be seen or felt when well. The salivary glands make saliva which drains into the mouth.</li> <li>• The mouth may feel dry.</li> <li>• Chewing and swallowing may be sore.</li> <li>• Fever (high temperature); headache, feeling tired and being off food may develop for a few days. These symptoms may occur before parotid gland swelling occurs.</li> <li>• Mild abdominal (tummy) pain may occur.</li> <li>• Some individuals may have no symptoms at all</li> </ul>	Yes	Yes. Stay at home for at least 5 days after your symptoms first develop.	<a href="https://www.nhs.uk/conditions/mumps/">https://www.nhs.uk/conditions/mumps/</a>
Parvovirus or Fifth Disease (slapped cheek)	<p>Symptoms initially appear as: 'Flu-like' illness Bright red 'slapped cheeks' rash appears followed by a reddish rash on the body. This rash may last for up to 3 weeks. A few children, but most adults, have mild joint pains. Headache Mild fever Sore throat Parvovirus is usually a mild illness. Some individuals may have no symptoms at all. The illness is commonest in the 4-10 year old age group and outbreaks are common in primary schools in the later winter through to early summer.</p>	Yes	No. Children are no longer infectious once the rash appears and can return when they feel well enough. It is difficult to avoid contact with people who have parvovirus B19 as they often have no symptoms during the infectious phase. The school requests that parents notify the school of the diagnosis so that pregnant contacts can be informed.	<a href="https://www.nhs.uk/conditions/slapped-cheek-syndrome/">https://www.nhs.uk/conditions/slapped-cheek-syndrome/</a>

Ringworm	<p><u>Scalp ringworm</u> Scalp ringworm in children is becoming more common in the UK, particularly in urban areas. Until recently this was usually spread from infected animals but now spread between humans within families and in schools is more common. The symptoms of scalp ringworm include:</p> <ul style="list-style-type: none"> <li>• Small patches of scaly skin on the scalp, which may be sore</li> <li>• Brittle hair leading to patchy hair loss</li> <li>• An itchy scalp In more severe cases, symptoms can also include:</li> <li>• Small, pus-filled sores on the scalp</li> <li>• Crusting on the scalp which may spread to the face, neck and trunk</li> </ul> <p><u>Body ringworm</u> The symptoms of body ringworm include:</p> <ul style="list-style-type: none"> <li>• A ring-like rash with a prominent red margin and a central scaly area.</li> </ul> <p>In more severe cases:</p> <ul style="list-style-type: none"> <li>• The rings may multiply, grow in size and merge together</li> <li>• The rings may feel slightly raised to the touch and the skin under the rash may be itchy</li> <li>• Blisters and pus-filled sores may form around the rings</li> </ul> <p><u>Foot ringworm (athlete's foot)</u> The symptoms of foot ringworm (athlete's foot) include:</p> <ul style="list-style-type: none"> <li>• An itchy, dry, red and flaky rash, usually in the spaces between the toes.</li> </ul> <p>In more severe cases:</p> <ul style="list-style-type: none"> <li>• Cracked skin in the affected area</li> <li>• Blisters, which may ooze or crust</li> </ul>	Yes	Yes and No. Children with skin and scalp ringworm can return to school once they have started treatment with anti-fungal agents. Children with athlete's foot can attend school throughout.	<a href="https://www.nhs.uk/conditions/ringworm/">https://www.nhs.uk/conditions/ringworm/</a>
Rubella (German measles)	Symptoms of rubella include:	Yes	Yes Children should stay at home as soon as symptoms develop until six days after the onset of the rash	<a href="https://www.nhs.uk/conditions/rubella/">https://www.nhs.uk/conditions/rubella/</a>

	<ul style="list-style-type: none"> <li>• They may or may not develop a rash</li> <li>• Up to 50% of individuals with rubella may not develop any symptoms</li> </ul>			
Scabies	The appearance of the rash varies but tiny pimples and nodules are characteristic. Secondary infection can occur if the rash has been scratched. The scabies mites are attracted to folded skin such as the webs of the fingers. Burrows may also be seen on the wrists, palms, elbows, genitalia and buttocks. Itching is the main symptoms, particularly when warm or at night.	Yes	Yes Scabies is infectious so infected individuals should stay at home until after their first treatment has been completed.	<a href="https://www.nhs.uk/conditions/scabies/">https://www.nhs.uk/conditions/scabies/</a>
Scarlet fever	<p>Symptoms of scarlet fever generally take two to five days to appear after infection. The illness often starts with:</p> <ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Headache</li> <li>• High temperature (fever)</li> <li>• Swollen neck glands</li> <li>• Loss of appetite</li> <li>• Nausea or vomiting</li> <li>• Red lines in the folds of the body, such as the armpit, which may last a couple of days after the rash has gone</li> <li>• A white coating on the tongue, which peels a few days later leaving the tongue red and swollen (this is known as strawberry tongue)</li> <li>• A general feeling of being unwell</li> <li>• Rash developing 12 to 48 hours later</li> </ul> <p>Red blotches are the first sign of the rash. These turn into a fine pink-red rash that feels like sandpaper to touch and looks like sunburn. This usually starts in one place, but soon spreads to other parts of the body. It commonly affects the ears, neck, chest, elbows, and inner thighs and groin, and may be itchy.</p> <p>The rash does not normally spread to the face however, the cheeks become flushed and the area just around the mouth stays quite pale. The rash will turn white a glass is pressed against it. The rash usually fades after about a week, but the outer layers of skin, usually on the hands and feet, may peel for several weeks afterwards. In milder cases (scarlatina), the rash may be the only symptom.</p>	Yes, extremely contagious.	Children with scarlet fever should stay at home until they have been on a course of antibiotics for at least 24 hours. Children who do not take antibiotic treatment will be infectious for two to three weeks.	<a href="https://www.nhs.uk/conditions/scarlet-fever/">https://www.nhs.uk/conditions/scarlet-fever/</a>
Threadworms	<p>The symptoms are:</p> <ul style="list-style-type: none"> <li>• Intense itching around the bottom (or the vagina in girls) particularly at night when the female worms are laying eggs</li> </ul>	Yes	No Children can attend school but parents should be encouraged to inform the school	<a href="https://www.nhs.uk/conditions/threadworms/">https://www.nhs.uk/conditions/threadworms/</a>

	<ul style="list-style-type: none"><li>• Disturbed sleep as a result of the itching which can lead to irritability and loss of concentration In some cases</li></ul> <p>Threadworms may be visible on bed clothes or sheets at night. They may also be noticeable in stools. The worms look like threads of white cotton about one centimetre long. Severe or persistent threadworm infections can cause:</p> <ul style="list-style-type: none"><li>• Loss of appetite</li><li>• Weight loss</li><li>• Skin infection around the rectum if bacteria enter any scratches caused by itching (wearing cotton gloves while sleeping may help prevent this)</li><li>• Difficulty getting to sleep or staying asleep</li><li>• Bedwetting</li></ul>		of a diagnosis.	
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