



HIGHSHORE SCHOOL

QUICK GUIDE TO EXCLUSION PERIODS FOR COMMON CONTAGIOUS ILLNESSES

We want students to gain the maximum from their education here and appreciate good attendance. We also want our school community to be kept safe and well. Below is a quick and easy list of the periods when your son or daughter should be kept away from school when unwell. This is to keep everyone healthy.

Extra special care has to be taken for women who may be pregnant or trying to become pregnant. Also some of our students have serious underlying conditions that make them very vulnerable to infections that may be mild in their peers.

As always we greatly appreciate your co-operation.

Infection or complaint	Recommended period to be kept away from school	Comments
Chicken Pox	1-2 days before the rash appears and to remain off school until all blisters have crusted over usually 5-6 days after the rash.	Chicken Pox begins with flu-like symptoms, feeling sick, aching muscles, temperature, feeling unwell, loss of appetite. The rash appears as blisters.
Diarrhoea and/or vomiting	48 hours (2 days) from the last episode of diarrhoea or vomiting.	
German Measles (Rubella)	1 week before the rash appears until at least 5 days after the rash has gone.	Rubella begins with cold-like symptoms – cough, runny nose, then deteriorates with fever, swollen glands, aching joints. The rash is red/pink with small spots.
Impetigo	Remain away from school until the lesions have crusted and healed or 48 hours after starting antibiotic treatment.	Rashes should be seen by a GP. Impetigo is extremely infectious but easily treated with antibiotics.
Influenza (flu)	Until fully recovered	
Measles	4 days before the rash appears and until 4 days after it has gone.	Measles begins like a bad cold, cough with sore, watery eyes deteriorating with fever/high temperature. Rash may be blotchy with red, slightly raised spots but not itchy.
Mumps	5 days after onset of swelling	Mumps starts with feeling unwell, high temperature, pain and swelling on one side of the face in front of the ear and under the chin. Discomfort when chewing.
Whooping Cough (Pertussis)	21 days from onset or 5 days after starting antibiotic treatment	After treatment non-infectious coughing may continue for many weeks.

Sources:

Guidance on infection control in schools and other childcare settings (Public Health England) September 2014
NHS Choices website (www.nhs.uk/conditions/) December 2014