

## Is my child too ill for school?



<https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/>

**It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.**

But there are [government guidelines](#) for schools and nurseries that say when children should be kept off school and when they shouldn't.

**If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that they won't be in and give them the reason and possible date of return.**

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

### Coughs and colds

**It's fine to send your child to school with a minor [cough](#) or [cold](#).** But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

### Does your child have a cold or the flu?

<https://www.nhs.uk/conditions/common-cold/> 2.10.2020

#### **Check if you have a cold**

Cold symptoms come on gradually and can include:

- a blocked or runny nose
- a sore throat
- headaches
- muscle aches
- coughs
- sneezing
- a raised temperature
- pressure in your ears and face
- loss of taste and smell

The symptoms are the same in **adults and children**. Sometimes symptoms last longer in children.

## Telling the difference between cold and flu

Cold and flu symptoms are similar, but flu tends to be more severe.

### Difference between cold and flu

<b>Flu</b>	<b>Cold</b>
Appears quickly within a few hours	Appears gradually
Affects more than just your nose and throat	Affects mainly your nose and throat
Makes you feel exhausted and too unwell to carry on as normal	Makes you feel unwell, but you're OK to carry on as normal (for example, go to work/school or nursery)