

# Every Minute Counts

Usually, when a child shows signs of minor illness, they can still come to school.

The information below will help you decide whether your child needs medical attention.

Please use the information below as a guide.



Ailment	Can child usually come to school?	How to treat child's ailment	When you need to take your child to the doctor ( <u>Out of school hours</u> )
Headache	Yes	Put a cool, moist cloth across their forehead or eyes. Get them to breathe easily and deeply. Encourage them to eat or drink something (not drinks containing caffeine.)	If painkillers don't help or if the headaches are interfering with schoolwork.
Cough	Yes	A cough needs to clear itself, this can take up to 2 weeks.	They have had the cough for more than 3 weeks.
Cold	Yes	Make sure they drink plenty of fluids – water is fine, warm drinks can be soothing. If they have a blocked nose, you can make their breathing easier by raising the pillow end of their bed. Don't let them get too hot.	Their symptoms last more than three weeks. They seem to be getting worse rather than better. They have chest pain or are coughing up blood-stained phlegm. They have severe earache.
Stomach Ache	Yes	Give them clear fluids, such as water, broth, tea, or fruit juice diluted with water. Serve bland foods like toast, pasta, rice. Have them try to pass a stool.	They seem to be getting worse rather than better.
Cold Sores / Mouth Ulcers	Yes	Apply ice or a warm washcloth to the sores to help ease their pain. Avoid giving your child acidic foods e.g. citrus fruits or tomato sauce.	They don't heal by themselves within 7 to 10 days. They have sores near the eyes or get cold sores / ulcers frequently.

<b>Ailment</b>	<b>Can child usually come to school?</b>	<b>How to treat ailment</b>	<b>When you need to take your child to the doctor (<u>Out of school hours</u>)</b>
Acne	Yes	Ensure they wash their face once or twice a day with warm water and a mild soap or cleanser.  Don't let them pick, squeeze, or pop pimples.	If the acne is particularly sore and seems to be getting worse not better.
Period Pains	Yes	Put a hot water bottle (wrapped in a tea towel) on their tummy.  Get them to take a warm bath or shower to relieve pain and help them relax.  Light, circular massage around their lower abdomen may also help reduce pain.	If they have severe period pain or if their periods become heavier than usual or irregular.
Head Lice / Nits	Yes	You can use medicated lotions and sprays that kill head lice in all types of hair. You can buy these from pharmacies, supermarkets or online.	You do not need to go to the doctors if your child has head lice / nits.
Allergies / Hay Fever	Yes	Hay fever can usually be controlled using medication from the chemist.	If their symptoms are more troublesome as they may require medication from doctor.



**Self Care**  
[www.nhs.uk](http://www.nhs.uk)

**Headache, sore throat, cold, vomiting.**



**Chemist**

**Advice and medicine to help you self-care.**



**NHS 111**

**Want more help.  
Urgent—but not an emergency.**



**Doctor**

**Self care not working.  
Long term conditions.**



**Walk In Centre**

**Minor illness / injury.  
Doctor not available.**



**A & E / 999**

**Severe illness / injury.  
Emergency situation.**

All medical and dental appointments should be made out of school hours.  
If you are ever seriously concerned about your child's health, seek medical advice.