



Millbrook Primary School

Bonneyn Grove and Millbrook Primary Federation

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Dear Parents and Carers,

RE: Advice for Parents and Carers

We are writing to offer guidance on what to do if your child becomes unwell. As we move through the school year, children may experience common illnesses such as coughs, colds, stomach bugs, and viral infections. It is important that we work together to protect the health of all children and staff and reduce the spread of infection.

When should my child stay at home?

Your child should stay at home if they:

- Have a high temperature/fever
- Are too unwell to attend or cannot manage the school day
- Have vomited or had diarrhoea within the last 48 hours
- Have an infectious illness such as chickenpox, measles, mumps or scarlet fever
- Have been advised by a doctor or healthcare professional to rest at home

When can they return to school?

Children can return to school once they:

· Are well enough to take part in normal activities

- Do not have a fever
- Have completed the recommended stay-at-home periods for specific illnesses (see attached)
- Have not had vomiting or diarrhoea for at least 48 hours

If your child has been given antibiotics, please check with your GP or pharmacist, as some illnesses require 24–48 hours of treatment before returning.



Common infections

For your information:

- Coughs and colds: Children can attend if they feel well enough.
- Flu or similar illnesses: Please keep your child at home until they are fully recovered.
- Covid-19: Children should stay at home if unwell and return once they feel better and have no fever.
- Stomach bugs: Children must stay off for 48 hours after the last episode.

A full symptom and exclusion guide is attached and is available from the school office.

Thank you for your support - by following this guidance, you help us reduce illness in school and keep children learning in a safe and healthy environment. If you have any questions, please contact the school office.

Yours sincerely,

Mr Craig Hamilton
Executive Headteacher
Bonneygrove and Millbrook Primary Federation

Illness & Exclusion Guidance for Parents and Carers

How long should my child stay at home?

Illness / Condition	How long to stay at home?	Notes for Parents/ Carers
Coughs & Colds (without fever)	No exclusion if your child feels well enough.	Children can attend school with mild cold symptoms. If they are very unwell, they should stay home.
High Temperature / Fever	Keep at home until temperature returns to normal and child feels well.	A fever indicates infection; children should not attend while feverish.
Flu / Influenza	Keep at home until your child feels fully well and has no fever. Usually 3–5 days.	Flu can be severe; ensure rest, fluids, and recovery time.
COVID-19 (respiratory infection)	Children should stay home if unwell and can return when they no longer have a fever and feel well enough.	No fixed isolation period for children; follow wellbeing-based guidance.
Sore throat (not strep)	If mild and no fever, can attend.	If very unwell or persistent fever, keep at home.
Strep throat / Scarlet Fever	24 hours after starting antibiotics, if well enough.	Highly infectious; complete antibiotic course.
Chickenpox	5 days from start of rash <i>and</i> until all blisters have crusted.	Do not return early even if feeling better.
Measles	4 days after rash begins.	Extremely infectious; inform the school immediately.
Mumps	5 days from onset of swelling.	Child may feel unwell for longer.
Rubella (German Measles)	5 days after rash appears.	Pregnant contacts need special advice.
Whooping Cough	48 hours after starting antibiotics, or 3 weeks from start of cough if no antibiotics.	Long-lasting cough even after exclusion period.
Hand, Foot & Mouth Disease	No exclusion unless child is unwell.	Blisters common but not a reason to miss school.
Impetigo	Until lesions are crusted and healed, or 48 hours after starting antibiotics.	Avoid sharing towels.
Conjunctivitis	No exclusion if mild.	If very itchy, painful or discharge-heavy, keep home until improving.

Illness / Condition	How long to stay at home?	Notes for Parents/ Carers
Slapped Cheek (Fifth Disease)	No exclusion once rash appears.	Most infectious <i>before</i> the rash; pregnant adults need advice.
Tonsillitis	No exclusion unless child has fever or feels too unwell.	Most cases are viral.
Vomiting / Diarrhoea (any cause)	48 hours after last episode of vomiting or diarrhoea.	Important to prevent outbreaks.
Head Lice / Nits	No exclusion but treatment should start immediately.	School should be informed discreetly.
Threadworms	No exclusion after treatment begins.	Household treatment often needed.
Ear Infection	No exclusion if comfortable enough to attend.	Pain or fever means rest at home.
Asthma Symptoms / Wheezing (non-infectious)	No exclusion with proper management.	Seek medical advice if symptoms worsen.
Cold Sores	No exclusion.	Encourage good hygiene.
Scabies	Child may return after first treatment.	All household members need treatment.