























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 Don't go to Nursery, see the GP

 Can be catching, some restrictions for attending Nursery.

 Go to Nursery, if needed get treatment as shown.

## COMMON CHILDHOOD ILLNESSES

What is it?	What it's like	Going to Nursery?	Getting treatment	More advice
Chicken Pox	Rash begins as small, red, flat spots that develop into itchy fluid filled blisters.		Pharmacy/Doctors depending on severity	Back to Nursery five days after on-set, or when all blisters are popped & scabbed over.
Common Cold	Runny nose, sneezing, sore throat.		Pharmacy	Stay at home while nose is running green or until cough has subsided, isn't constant
Conjunctivitis	Teary, red, itchy, painful eye(s).		Pharmacy	Try not to touch eye to avoid spreading, no return until cleared
Flu	Fever, cough, sneezing, runny nose, headache, body aches, pain, exhaustion, sore throat.		Pharmacy	Stay at home while nose is running green or until cough has subsided, isn't constant
German Measles	Fever, tiredness, raised, red rash that starts on the face & spreads downwards.		GP	Back to school six days from onset of rash
Glandular Fever	High temperature, sore throat, usually more painful than any before, swollen glands.		GP	Child needs to be able to concentrate & be physically able. Return to Nursery when fully better.
Hand, foot & mouth	Fever, sore throat, headache, small painful blisters inside & around mouth, on hands, feet & often in hot spots, e.g inside of arms, backs of legs.		GP	Return to Nursery when all blisters have popped & scabbed over.
Head Lice	Itchy scalp.		Pharmacy	Treatment is required.
Impetigo	Clusters of red bumps or blisters surrounded by areas of redness.		GP	Back to Nursery when lesions crust or 48 hours after the start of antibiotics.
Measles	Fever, cough, runny nose & watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, red blotchy rash.		GP	Back to Nursery four days after the onset of the rash.
Ringworm	Red ring shaped rash, may be itchy, may be dry & scaly or wet & crusty.		GP	Treatment is required.
Scabies	Intense itching, pimple like rash. Itching & rash may be all over the body but commonly between fingers, wrists, elbows & arms.		GP	Back to Nursery after 48 hours of treatment.
Shingles	Pain, itching or tingling along the affected nerve pathway. Blister type rash.		GP	Return to Nursery five days after onset of rash, but stay off if rash is weeping & cannot be covered.
Sickness Big / Diarrhoea	Stomach cramps, nausea, vomiting & diarrhoea.		Pharmacy	Can return to Nursery 48 hours after last incident.
Threadworms	Intense itchiness around the anus.		Pharmacy	Ensure good handwashing. Can return 48 hours after start of treatment.
Tonsillitis	Intense sore throat, white blisters on back of throat.		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow, therefore needing treatment / antibiotics.
Whooping Cough	Violent coughing, over & over, until child inhales with "whooping" sound to get air into lungs.		GP	Back to school five days after start of antibiotics or 21 days from onset of illness.

**NB – Common sense is required. Parents know their child best. Nursery is not the best place when poorly, they are better at home with relaxing & fluids. We are not able to look after a sick child on a one-to-one basis.**