



Illness and Attendance

Please contact the office on **020 7520 0385** or admin@thomascoram.camden.sch.uk before 9.00am if your child is unwell.

Illness	Symptoms	Treatment	Attendance
Chickenpox	At first (or after the spots appear) a high temperature, feeling generally unwell, loss of appetite. After a few days spots appear on the body which fill with fluid and become blisters. Then the spots scab over.	<ul style="list-style-type: none"> - Drink plenty of fluids - Use cooling gels from a pharmacist - Take paracetamol to help with pain and discomfort - Use antihistamine medicine to help itching 	Your child must <u>not</u> attend nursery until all spots have crusted over.
Hand, Foot and Mouth	At first a sore throat, high temperature, loss of appetite. After a few days mouth ulcers and a rash appear.	<ul style="list-style-type: none"> - Drink plenty of fluids - Eat soft foods like yoghurt - Take paracetamol to help ease a sore mouth or throat - Use ulcer gels etc from a pharmacist 	Your child can attend nursery as usual.
Diarrhoea and / or vomiting		<ul style="list-style-type: none"> - Stay at home and get plenty of rest - Drink lots of fluids, in small sips - Eat when you feel able to - Take paracetamol if in discomfort - Do not take diarrhoea medicine 	Your child must not attend nursery until 48 hours after the last episode.
Flu (influenza)	Symptoms include a sudden high temperature, feeling tired, a headache, a sore throat, tummy pain, feeling and being sick.	<ul style="list-style-type: none"> - Rest and sleep - Keep warm - Take paracetamol to lower temperature - Drink plenty of fluids 	Your child can attend nursery when s/he has recovered.

Almost all children will get common childhood illnesses like chickenpox, colds, sore throats, and ear infections. Many childhood illnesses can be treated at home with over-the-counter medicine and rest. If you are worried, you must get specialist advice. To help prevent the spread of infections, parents should ensure their child is up to date with all immunisations, and should promote good hygiene with regular hand washing, and using a tissue to cover their child's mouth for coughs and sneezes.

If you are worried about your child, contact your GP or call NHS 111. For serious and life-threatening emergencies, call 999.