

Diarrhoea and Vomiting

Diarrhoea and vomiting are common in children, it is often caused by a stomach bug and should stop in a few days.



Your child should stay off school/nursery until they've **not been sick or had diarrhoea for at least **2 days**.**

Contact 111 or the GP if your child shows signs of:

- diarrhoea for more than 7 days
- vomiting for more than 2 days
- not keeping fluids down or dehydration
- bloody diarrhoea



If you are worried about your child, call your GP or 111, they will be able to advise you of any further action to take.



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Rash

There are many potential causes of a rash on your child, these rashes may look different depending on the cause. **Call 111 or go to your GP to get a diagnosis, or if you are worried about your child's rash.**



Children with **scarlet fever** can return to school/nursery 24 hours after starting the appropriate antibiotic treatment.

Children with **chickenpox** should avoid contact with others (including not going to school/nursery) for at least 5 days from the onset of the rash and until all blisters have crusted over.

Children with **measles** should not attend school/nursery for at least 4 days after the onset of the rash.

Children with **hand, foot and mouth disease** can attend school/nursery if they are feeling well enough.

Children with **ringworm** can go to school/nursery once they have started treatment.

Children with **impetigo** should not attend school/nursery until all sores and blisters are crusted over, or 48 hours after starting antibiotic treatment.

Children with **scabies** can go back to school/nursery 24 hours after the first treatment.

Children with **slapped cheek syndrome** do not need to stay off school/nursery after the rash appears, but you should let the school/nursery know that they have slapped cheek syndrome.

If you are worried about your child's rash, please call your GP or 111, they will be able to advise you of any further action.



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Colds, Flu, and COVID

Colds, flu, and COVID often have similar symptoms of a sore throat, coughing, sneezing, and high temperature.



Your child should not go to school if they have a high temperature, have been sick or had diarrhoea in the past 2 days, or do not feel well enough to do their normal activities.

Colds, flu and COVID can usually be treated at home- see [NHS.uk](https://www.nhs.uk) for more information.

You should take your child to the GP or call 111 if:

- you are worried about their symptoms
- symptoms do not improve after a week
- symptoms suddenly get worse
- they have a very high temperature
- they are dehydrated
- they have chest pain or feel short of breath
- they have a long-term condition or have a weakened immune system



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