



ST JOHN'S COLLEGE
Cardiff

Sickness & Illness Guidelines

St John's College, Cardiff

SICKNESS & ILLNESS GUIDELINES

These guidelines apply to the following sections/s of the School:
Junior School.

Version: September 2025

Rationale

We appreciate that there will be occasions where parents may feel that their child is well enough to attend school; however, we ask that parents please consider our guidelines before making a decision. These guidelines are in place to minimise the spread of infection and to ensure the wellbeing of all children.

If a child becomes unwell during the school day, we will contact their parent(s), or noted caregivers, and ask them to collect their child as soon as possible. Therefore, it is essential that emergency contact details are up to date and local.

Prescribed Treatment

If a child receives antibiotics from a doctor, we advise that they remain at home for a minimum period of 24 hours after the first dose is administered (dependent upon the type and severity of illness), in case of possible adverse reaction to the medication and also to minimise the spread of infection. After 24 hours, providing they are well enough, the child may return to school.

Sickness Guidelines

**Denotes a notifiable disease*

Infection	Exclusion Period	Comments
Chest Infection	24 Hours.	
Chickenpox*	5 days from onset of rash (and not developing new spots) or until all spots have crusted over.	A child may not return to school if there are any weeping blisters/spots as the infection can be spread through contact with the secreted fluid.
Cold Sores (Herpes Simplex)	None.	
Conjunctivitis	None.	We will liaise with HPT if an outbreak is suspected/identified.
Covid-19	Please follow the self-isolation guidelines set out by the School.	
Diarrhea and/or vomiting	Whilst symptomatic and 48 hours <u>after</u> the last symptoms.	We will liaise with HPT if an outbreak is suspected/identified.
Ear Infection	24 Hours.	
Flu (Influenza)	Until completely recovered.	We will liaise with the HPT if an outbreak is suspected/identified.
Food Poisoning*	Whilst symptomatic and 48 hours after the last symptoms (diarrhea and vomiting).	For some infections, longer periods of exclusion may be required and there may be a need to obtain microbiological clearance. For these groups our local HPT will advise.
Gastroenteritis	48 hours after symptoms have stopped and they are well enough to return.	Contact HPT for more information if needed/outbreak suspected/identified.
German Measles (Rubella)*	6 days from onset of rash.	Preventable by vaccination (MMR x 2 doses).

Glandular Fever	None – person can return to school when they feel well.	
Hand, Foot & Mouth	Completely recovered – this is to prevent an outbreak as children are more at risk of spreading the infection because they are in close contact with their peers.	We will liaise with the HPT if an outbreak is suspected/identified.
Head Lice	Exclusion not usually necessary.	Ensure treatment when live lice seen.
Impetigo	Until lesions are crusted and healed, usually 48 hours after the first dose of antibiotics.	Antibiotics speed the healing process and reduces the infectious period.
Measles*	4 days from onset of rash and when child has recovered.	Preventable by vaccination (MMR x 2 doses).
Mumps*	5 days after onset of swelling.	Preventable by vaccination (MMR x 2 doses).
Scarlet Fever (not notifiable but see comments)	Child can return after 24 hours of appropriate antibiotic treatment has been completed.	HPT will be contacted in the event of 2 or more suspected cases or where there are confirmed cases of Chickenpox within the school at the same time. A person is infectious for 2-3 weeks if antibiotics are not administered.
Scabies	Child can return after first treatment.	Household and close contacts require treatment at the same time.
Shingles	Exclude only if rash is weeping and cannot be covered or until the rash is dry and crusted over.	A person with shingles is infectious to those who have not had Chickenpox.
Slapped Cheek/Fifth Disease/ Parvo Virus B19	Person should be excluded if infection is suspected and no rash present as they are infectious 3-5 days before appearance of rash. Once rash appears, person is no longer infectious. No exclusion required once rash has developed as long as person is well enough to return to school.	Pregnant contacts of case should consult with their GP or Midwife.
Temperatures	Parents will be asked to collect their child immediately from school should their temperature reach 37.8°C.	Children with a temperature of 37.8°C will be placed in isolation. Children should only return to school after their temperature has returned to normal for a 24 hour period without medication .
Threadworms	Exclusion not usually required after treatment.	Treatment recommended for child and household.
Tonsillitis	24 Hours.	
Warts and Verrucae	None.	Ensure any persons with verrucae wear socks/footwear at all time.
Whooping Cough (pertussis)*	2 days from starting antibiotic treatment, or 21 days from onset of symptoms if no antibiotics.	Preventable by vaccination. After treatment, non-infectious coughing may continue for many weeks.