



Ailment	Can a child still come to school?	How to treat a child's ailment	When you need to take your child to the doctor
Headache	Yes	Put a cool, moist cloth across their forehead or eyes. Get them to breathe easily and deeply. Encourage them to eat or drink something(not drinks containing caffeine)	If painkillers don't help or if the headache persists.
Cough	Yes	A cough needs to clear itself, this can take up to 2 weeks.	They have had the cough for more than 3 weeks.
Cold	Yes	Make sure they drink plenty of fluids - water is fine, warm drink can be soothing. If they have a blocked nose, you can make their breathing easier by raising the pillow end of their bed. Do not let them get too hot.	Their symptoms last more than 3 weeks. They seem to be getting worse rather than better. They have chest pain or are coughing up blood-stained phlegm They have severe earache.
Stomach Ache	Yes	Give them clear fluids, such as water, soup, tea or fruit juice. Serve bland foods like toast, pasta or rice. Get them to try to pass a stool.	They seem to be getting worse rather than better.
Cold Sores/ Mouth Ulcers	Yes	Apply ice or a warm washcloth to the sores to help ease their pain. Avoid giving your child acidic foods eg citrus fruits.	They don't heal by themselves within 7 to 10 days. They have sores near the eyes or get cold sores/ ulcers frequently.
Acne	Yes	Ensure they wash their face once or twice a day with warm water and a mild soap.	If the acne is particularly sore and seems to be getting worse.
Period Pains	Yes	Put a hot water bottle on their stomach(wrapped in a tea towel) Get them to take a warm bath or shower to relieve pain and help them to relax. Paracetamol can help.	If they have severe period pain or if their periods become heavier than usual.
Head lice/ Nits	Yes	You can use medicated lotions and sprays that kill head lice in all types of hair.	You do not need to go to the doctors for this.
Allergies/ Hay fever	Yes	Hay fever can usually can be controlled using medication from the chemist	If their symptoms are troublesome they may require medication.