



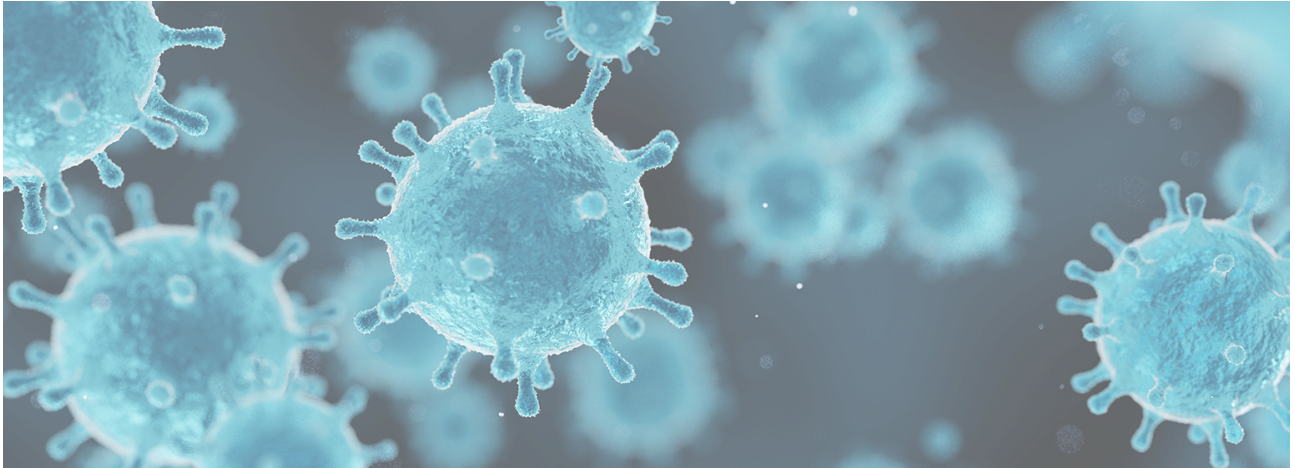
# Mount Eden Normal

## PRIMARY SCHOOL

Te Whare Akoranga o Maungawhau

### Is My Child Well Enough for School?

Based on guidance from [Health New Zealand | Te Whatu Ora](#)



Children **CAN** go to school if they:

- Have a *mild* runny nose, blocked nose, *mild* cough, or *mild* headache
- Are eating, drinking, and behaving normally
- Can comfortably join in learning and activities
- Have been fever-free for at least 24 hours without medicine
- Have usual hay fever or allergy symptoms
- Have a lingering cough but otherwise feel well

*Good hygiene still matters:*

- Cover coughs and sneezes
- Wash hands regularly
- Use tissues



## Keep your child home if they have:

- **FEVER** - Keep them home until:
  - Their temperature is **below 38°C**
  - They have been fever-free for **24 hours without paracetamol or ibuprofen**
  - They are acting normally again

*Seek urgent advice if fever comes with:*

  - Severe headache
  - Sleepiness or confusion
  - Rash
  - Trouble waking them
  - Breathing problems
- **VOMITING OR DIARRHOEA** - Keep them home:
  - While symptoms continue
  - For **48 hours** after the last vomit or diarrhoea
- **COVID-19** - If they have symptoms:
  - Do a RAT test if possible - *if positive:*
  - Stay home until symptoms improve and fever has gone for 24 hours
  - Health NZ recommends staying home for at least 5 days from symptom onset or positive test
- **SORE THROAT** - Keep them home if:
  - They need pain relief to cope
  - They seem unwell
  - Māori and Pacific children with sore throats should be checked promptly because of rheumatic fever risk.
- **WHEEZING OR BREATHING DIFFICULTY** - Keep them home if they:
  - Are wheezing
  - Struggle to breathe
  - Cannot focus because of coughing
  - Get urgent medical help if breathing is difficult
- **NEW RASH**
  - Get medical advice urgently if a rash comes with:
  - Fever
  - Drowsiness
  - Severe illness
  - Recent exposure to measles or chickenpox
- **HEAD LICE OR SCABIES**
  - Head lice: return once treatment has started
  - Scabies: return 24 hours after first treatment

# General Rule of Thumb

Ask yourself:

- Can my child comfortably take part in learning?
- Are they likely to spread illness to others?
- Do they seem generally well in themselves?

If the answer is “no,” keep them home to recover.

## Returning to School

Children must return as soon as they are well enough. A doctor’s note is usually not needed. Some children may benefit from shorter days at first after a longer illness.

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## Notifiable and Highly Infectious Diseases: What Parents Should Do

These illnesses may need exclusion from school and should usually be reported to public health authorities by a doctor or laboratory.

Illness	What Parents Should Do	When Child Can Return
<b>Measles</b>	Keep home and see a doctor urgently. Inform the school immediately.	Only when cleared by health professionals (usually at least 5 days after rash appears).
<b>Chickenpox</b>	Keep home and avoid contact with vulnerable people.	When all spots have crusted over and child is well.
<b>Whooping Cough (Pertussis)</b>	See a doctor promptly. Antibiotics may be needed. Notify school.	After 5 days of antibiotics or 21 days after cough started if untreated.
<b>Mumps</b>	Keep home and seek medical advice.	Usually 5 days after swelling begins and child is well.
<b>Scarlet Fever / Strep Throat</b>	See a doctor. Antibiotics are often required.	24 hours after starting antibiotics if well.
<b>Meningococcal Disease</b>	Medical emergency — call emergency services or go to hospital immediately.	Return only after medical clearance.

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<b>Hepatitis A</b>	Keep home and follow public health advice.	With medical/public health clearance.
<b>Tuberculosis (TB)</b>	Follow specialist and public health advice.	Only when medically cleared.
<b>Gastro outbreaks (Norovirus etc.)</b>	Keep home and use strict hygiene.	48 hours after last vomiting/diarrhoea episode.
<b>Hand, Foot and Mouth Disease</b>	Keep home if child feels unwell or drooling from mouth sores.	When well enough to participate normally.
<b>Conjunctivitis</b>	Keep home if discharge is significant or child is uncomfortable.	Usually once discharge improves and hygiene can be managed.

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## Call a Doctor Urgently If Your Child Has:

- Trouble breathing
- Blue lips or skin
- Severe dehydration
- Extreme sleepiness or confusion
- A seizure
- A rash that does not fade when pressed
- Severe pain
- Fever in a baby under 3 months

Call emergency services if your child is seriously struggling to breathe or is unresponsive.

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For full official guidance, see:

[Health New Zealand school illness guidance](#)