

Diarrhoea and Vomiting

Primary schools typically have a '48 hours rule' in relation to diarrhoea and vomiting. In that respect, they are simply following NHS guidelines and Public Health England Guidance 2016, which recommends that children should be kept away from school, nursery or childcare settings for 48 hours 'from their last episode of diarrhoea or vomiting.'

However, we are aware that these symptoms can happen quite frequently with young children for all sorts of reasons. If you think that your child may have shown these symptoms for other reasons than a bug and they are presenting as well, you may wish to send them back to school.

We always insist that children have eaten and have been to the toilet normally before they return to school.

Symptoms

Diarrhoea is defined as 3 or more liquid or semi-liquid stools in a 24 hour period.

Prevention

We know that the best way to prevent the spread of infection of this kind is to exercise good hygiene. At school we encourage children to wash their hands thoroughly after using the toilet and before eating. We also have hand gel available in the classrooms for children to use as needed.

The more that parents encourage similar levels of hygiene at home, the more that children will get into good habits which will help to prevent the spread of bugs and germs at school.