

3rd February 2023

Dear Head Teacher,

Minor illnesses in children

Local GP surgeries are hearing from a lot of parents and guardians with similar concerns about their school-age children, and many are requesting urgent appointments for minor illnesses.

We would appreciate you sharing the following advice with your school community. We hope this partnership approach empowers more families to manage minor illnesses at home and enables children to back in school as soon as possible.

We would also be grateful if your school considers the impact on the NHS of any absence policies you have. GPs are not required to provide sick notes or fit notes for school attendance. If a child is well there isn't a need to see a GP to confirm a diagnosis of a common minor illness. When schools no longer ask parents and guardians to provide GP sick notes, fit notes or diagnosis of minor illnesses, it makes a big difference to the pressures on local surgeries and waiting times for appointments.

This is a handy source of information about common childhood conditions and whether or not a child should attend a school or childcare setting: <https://patient.info/skin-conditions/viral-rashes/school-exclusion-for-infections>. We have also attached a poster for families.

Self-care for minor illness:

The following illnesses can be managed safely with self-care and do not require to see a GP routinely. The links below offer clinically approved information on how to recognise them.

- Conjunctivitis: www.nhs.uk/conditions/conjunctivitis
- Hand, foot and mouth disease: www.nhs.uk/conditions/hand-foot-mouth-disease
- Chickenpox: www.nhs.uk/conditions/chickenpox
- Common cold: www.nhs.uk/conditions/common-cold

Over the counter medicine from the local pharmacy can help manage symptoms, including calpol, nurofen, piriton and eye drops. Pharmacists can provide advice on the use of these medicines and instructions are provided in the packaging.

If a child feels well in themselves and if a school has appropriate policies in place, parents and guardians can authorise schools to hold and administer over the counter medicines to treat the child's symptoms as needed. A doctor's prescription is not required for this

authorisation. The medicine should be clearly labelled with the child's name and include the packaging so that staff can follow the generic age-related instructions.

Right care at the right time

Please be assured that GPs and health services will want to see children if parents or guardians have concerns about their health and welfare. Parents and guardians should keep a watchful eye on how symptoms develop and trust their instincts.

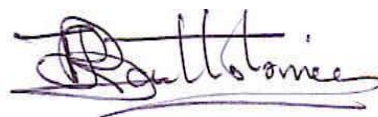
If anyone in the school community needs the NHS, choosing the right service is vital for the quickest route to appropriate care. If unsure, use NHS 111 to get assessed and directed to the right NHS service: call 111 or go online 111.nhs.uk.

We are very grateful for your support of your local NHS.

Yours faithfully



Dr Tadpatrikar
Clinical Director
Rosewood Primary Care Network



Dr Thilan Bartholomeuz
Clinical Director
Mid Nottinghamshire Place
Based Partnership

On behalf of

Acorn Medical Practice
Churchside Medical Practice
Forest Medical Practice
Millview Surgery
Roundwood Surgery