

Diarrhoea and vomiting are common illnesses.

When a boarding pupil has **vomited** they are required to be admitted to the medical centre to isolate to prevent further spread of the illness.

When a boarding pupil reports they have **diarrhoea** the nurse on duty will assess the pupil to assess if isolation is required. Usually, if the pupil has had 3 episodes or more of diarrhoea, accompanied by abdominal cramping or any other cause for concern the pupil will be required to be admitted to the medical centre for isolation from school and the boarding house.

When a boarding pupil has **vomited and also has diarrhoea** they are required to be admitted to the medical centre to isolate to prevent further spread of the illness.

With the pupil's consent, the nurse will inform the pupil's parents. House will be notified of the illness and admission to the medical centre.

In some cases, where the pupil has requested to go home or the parents have requested for the pupil to go home this can be arranged by the medical centre and discussed with the house parent.

Day pupils should be sent home from House.

Common causes of vomiting and diarrhoea are:

- gastroenteritis
- [norovirus](#)
- [food poisoning](#)

Public Health England and NHS guidelines recommend in these cases the individual must stay away from school for 2 days (48 hours) after the vomiting or diarrhoea has ended. This is known as the 48 hour rule.

Other causes of diarrhoea or vomiting

Diarrhoea can also be caused by:

- medicines
- a [food intolerance](#) or [food allergy](#)
- [irritable bowel syndrome \(IBS\)](#)
- stress

If the nurse on duty has assessed a pupil who has diarrhoea or loose stools due to any of these causes, they can use their clinical judgement on whether they can go back to school or house once they have recovered and before the 48 hour rule has ended .

Vomiting can also be caused by:

- [Migraine](#)
- [Labyrinthitis](#)
- Medication
- Acid reflux or regurgitation
- Infections – such as a [urinary tract infection \(UTI\)](#)
- Anxiety
- Motion sickness

If the nurse on duty has assessed a pupil who has vomited due to any of these causes, or they have had one single isolated vomit with no other symptoms, they can use their clinical judgement on whether they can go back to school or house when they have recovered and before the 48 hour rule has ended.

References

<https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

https://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf