

Keeping children at home (Illness) and returning to school regulations for parents

In order to ensure that our school is maintaining high standards of health and safety regulations, we would like to provide guidelines for parents to take note of with regards to keeping your child at home from school due to illness.

High temperature

If your child has a raised temperature – anything over 37.2°C – they should stay off school. During the period of Covid-19, anyone with a temperature of 37.3 or over, should stay off school. Also if your child has brothers and sisters at our school, they all need stay home for observation until there is clear diagnosis for the sick child.

When can they go back to school?

When the temperature returns to normal for 48 hours without taking medicine, then it's fine for your child to go back to school as long as they don't have any other symptoms. During the period of Covid-19, a negative test result and medical report must be submitted to the school nurse as soon as you receive them from doctor as school needs to report these to related government offices the same day with all details. Please note that the school will have to comply with regulations should there be any further changes, and we ask that parents support within these measures.

Headache

Lots of things can cause mild headaches, from tiredness to eye-strain. If your child has a headache that persists or is severe though, you should always consult your doctor.

When can they go back to school?

Your child doesn't need to miss school because of a mild headache. If it's a recurring problem or is accompanied by other symptoms, you should keep your child at home and consult your GP.

Vomiting and Diarrhoea

If your child is feeling queasy or has tummy ache, but this passes, you can send them to school. You should, however, flag up any concerns with the teacher and make sure the school has your contact details.

If your child actually vomits or has diarrhoea, you'll need to keep them off school until they are free symptoms (including tummy ache) for 72 hours, even if they appear to feel better.

Most cases of vomiting or diarrhoea pass with rest and rehydration, but if your child seems very unwell, contact your doctor.

When can they go back to school?

Your child cannot return to school until after a continuous 72 hours without any symptoms. If during these 72 hours, abdominal pain, vomiting, or diarrhea (one of them) occurs again, you need to restart the timer.

Mild cough, minor cold or sore throat

If your child has a very mild cough (3-5 times in 8 hours) or a mild sore throat (with drinking water can be fine) but no other symptoms, then they are probably fine to go to school. However, if they have a raised temperature, are drowsy or get the shivers, keep them off school.

When can they go back to school?

Give your child 24 hours after symptoms subside before sending them back to school.

Rashes

Children can get rashes for all sorts of innocent reasons, from heat rash to a change of washing powder, but they can also be a symptom of a more serious problem like HFMD, measles or chicken pox.

If you are in any doubt, or the rash is accompanied by your child feeling rundown, hot or nauseous, keep them off school and see your doctor. Also if your child has brothers and sisters at our school, they all need stay home for observation until there is clear diagnosis for the sick child.

When can they go back to school?

Once you have the medical report and it has been sent to school nurse who will confirm that your child can return to school.

Infective Conjunctivitis

Conjunctivitis, or "pink eye" happens when the conjunctiva of the eye becomes inflamed. The eye can become red or pink, swollen, and irritated, and there may be mucus. Infective conjunctivitis can be highly contagious. Children with conjunctivitis should not go to school or day care until their eyes are better.

When can they go back to school?

Once you have the medical report and it has been sent to school nurse who will confirm that your child can return to school. *It often needs to be isolated for 7 days.*

Mumps

Mumps is a contagious disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, followed by swollen salivary glands.

When can they go back to school?

Once you receive a medical report, send to the school nurse to confirm. It often needs to be isolated for 21 days after appearing. After 21 days you need go to the designated health center to obtain the certificate of resumption of class, the student is only allowed to return school when she/he gets the certificate.

If your child needs to stay at home, call the school's receptionists or email your child's class teacher as early as you can that day. Please hand in a doctor's note to school nurse as soon as you get it.

Hand, foot and mouth disease

Hand foot and mouth is a common illness that affects a lot of young children during different seasons and can be picked up from a number of places such as restaurants, play areas and of course school. When we are informed of a confirmed case of HFM, we will notify all parents from the class and the classroom will be given a deep clean and UV treatment to ensure all viruses are eliminated. We ask that you keep your child at home for 14 days to ensure the contagious virus is not shared with peers. After 14 days you need go to the designated health center to obtain the certificate of resumption of class, the student is only allowed to return school when she/he gets the certificate.

Influenza (Flu)

Influenza (also known as “flu”) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

When can they go back to school?

Get the medical report and send to the school nurse to confirm. It often needs to be isolated for 7 days after appearing. After 7 days you need go to the designated health center to obtain the certificate of resumption of class, the student is only allowed to return school when she/he gets the certificate.

Covid-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most common symptoms include: fever, dry cough and tiredness.

When can they go back to school?

According to the current regulations in China, if anyone is confirmed with COVID-19, they will be treated and will have to stay in a designated hospital until they have fully recovered. It will be required that school receives the original release declaration form before the student is able to return to school. Once this document is received, the school will contact the family to confirm accordingly if the student is then able to return on campus.

Procedures for students returning to school after any contagious/infectious disease According to the current regulations from the Local Health Department, parents are required to provide relevant documents to the school nurse when their

child is fully recovered from any kind of contagious disease. Please note that all documents must be sent to the school nurse before the student returns to school.

Should there be any changes with the above information due to updated health regulations, the school nurse will accordingly communicate with families, requesting them to kindly submit the required documentation and support within these measures.