



## **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 37.5°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.

#### *When can they go back to school?*

When the temperature returns to normal for 24 hours, 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 (or doctor's note stating that there is no need for a COVID-19 test) must be submitted to the school nurse prior to the student returning to school; the child must not have any other symptoms.

### 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 GP.

#### *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 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, you'll need to keep them off school for at least 48 hours, even if they appear to feel better. The same is true for an episode of diarrhoea.

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

#### *When can they go back to school?*

Your child cannot return to school until 48 hours have passed without any vomiting or diarrhoea.

### Cough, minor cold or sore throat

If your child has a cough or a sore throat 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 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 GP.

*When can they go back to school?*

It's best to get your GP's guidance here.

With chickenpox, the spots may take a couple of weeks to disappear, but your child is fine to go back to school once the spots have crusted over and dried up completely. This tends to be around 14 days after the first spots appear, but it can vary.

## 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?*

It's best to return to school if the obvious symptoms of pink eye no longer are present — usually after 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?

Children with Mumps should stay at home for 14 days after onset of swelling.

Keep in touch with your child's school

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 once your child is back at school, if your child is very ill or diagnosed with contagious disease or off for some time.

## 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.

## 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. After being discharged from the hospital, it is compulsory for the individual to stay at home for an additional 14 days.

Procedures for students returning to school after any contagious/infectious disease

Proof from school nurse (school nurse to provide this documentation) and a medical record of doctor's visit (including all results of the medical examination) will be needed to gain a Certificate of Class Resumption (All Clear Note) from the community hospital closest to school. This certificate should be handed to the school nurse. For Covid-19, the negative test result must be sent to the school nurse also.