

The British International School, Budapest



STUDENT ILLNESS POLICY FOR PARENTS

General:

While we understand that illness at home can impact schedules and routines (for both parents and children), we want to urge each of you to read and abide by our illness policy at BISB.

We will do our part at school to try to minimise the spread of illness by encouraging lots of hand washing and by sending children and staff home when they are ill. The school is also thoroughly cleaned on a continual basis. We ask that you support us so that we might minimise the spread of illness to our students and our staff. It is also important that our staff remain healthy so that they are able to support the children in their learning.

If your child has been out of school due to illness, we ask that you consider whether he or she is well enough to be outdoors before you send him or her back to school. The outdoors is part of our programme and we do not have the staff to supervise students indoors and outdoors simultaneously. Should children become ill at school with any symptoms related to COVID – 19 we will isolate them from the other students and ask you to collect them and keep us informed. This will be done in a calm and supportive way. We thank you, in advance, for allowing your child to stay home and rest when they are ill.

COVID – 19 General Guidelines

All sickness absences possibly related to COVID-19 will be recorded and followed up by the school. Depending if your child is in the primary or secondary school we ask you to inform the following; class teachers in primary, secondary administrator (eva.weinbach@bisb.hu) in secondary and the school nurse (health@bisb.hu) immediately of any of the common symptoms listed below. The information will be recorded and followed up as needed.

All common symptoms listed below require a mandatory 72 hours at home. Students may only return to school if the symptoms resolve. Any suspected cases of COVID – 19 must be reported immediately to the school nurse. **Please note that serious and possibly related symptoms such as shortness of breath are not included here and require immediate medical attention.**

COVID – 19 Symptoms

Symptoms requiring a mandatory 72 hours at home:

Fever
Dry cough
Unexplained tiredness
Loss of taste or smell
Diarrhea
Vomiting

Less common symptoms that require close observation:

Aches and pains
Sore throat
Conjunctivitis
Headache
A rash on skin, or discolouration of fingers or toes

Health Check:

It is important that only healthy students come to school. All students should have a basic health check daily that includes checking temperatures at home before leaving for school. If their temperature is above 37.5°C for the forehead, they must stay at home. The school must be informed of any illness through the channels listed above.

Illness:

Colds, flu and other contagious diseases are a serious issue in a school environment because they can spread so rapidly and may have symptoms common to COVID - 19. **Parents are asked to keep children home when they show symptoms of illness.** If your child is ill, please email the class teacher in primary and in secondary the form tutor and secondary administrator before 09:00 to report the absence. **If your child exhibits any active symptoms of illness, they should not come to school, both for the child's own comfort and to minimise the spread of illness to other children in the school.** In the event of an outbreak of an infectious disease, such as measles, the school nurse will immediately inform parents.

The following tips are to help you decide if your child should be kept home from school:

How does your child feel? Variations from normal behavior are the best indicators of illness. You know your child best; trust your instincts.

Fever:

If your child has a fever at night, he/she must not attend school the next morning. Temperatures are lower in the morning and a fever may occur again in the afternoon. **You are required to wait 72 hours after the fever breaks before sending your child back to school.**

Upset stomach and vomiting:

If your child vomits during the night, do not send him/her to school the next day. **You are required to wait at least 72 hours after a child vomits before sending your child back to school.**

Diarrhea:

Loose and frequent stools have many causes. Do not send a child to school until bowel movements are normal and they are feeling well. **We ask that your child remains at home for 72 hours and that they only return to school if symptoms resolve.**

Cold:

Be sure a child knows how to use tissues for coughing, sneezing and nose blowing, and practice good hand washing techniques. Your child may come to school as long as he or she does not have a **fever or discomfort**. If symptoms are severe (persistent cough or severe runny nose with thick mucus that will consistently interrupt their work or rest time), please keep your child at home so he/she may rest and recover. **A persistent dry cough may be cause for concern and your child should remain at home for 72 hours.**

Earache:

Never ignore an earache. Contact your doctor and keep your child at home.

Strep Throat:

A strep infection requires a doctor's visit and medication. Strep can lead to a more serious illness if not properly treated.

Contagious Conditions:

Head lice (see below), scabies, impetigo, chicken pox, strep throat, measles, rubella, mumps, HFMD, whooping cough, meningitis and some forms of conjunctivitis (pink eye) are contagious and must be properly treated and **no longer contagious** before your child may attend school. **Please notify the school if your child has a contagious condition so that other parents can be alerted.**

Head lice:

Due to the arrangement of student work spaces in the classroom and the number of collaborative work spaces and projects, if we find signs of lice and nits (eggs), to contain the spread we may ask parents to pick up their child early to begin treatment. If parents detect lice at home, please let the class teacher/form tutor know at once so that we can check the rest of the students in the class. Prior to the student's return to school, we will need to know the specific treatment that they will be undergoing and the date that the treatment began, so that we can follow up on the second application of the treatment (which typically needs to be applied 7-10 days after the first application). Upon returning to school, before the child enters the classroom, please bring her/him to the medical room where he/she will be discreetly checked for nits by the school nurse, and where we can record treatment dates and methods. Students will be allowed to return to class when the school nurse is satisfied they are nit-free. Nit removal can take several comb throughs and we ask that parents check the child each day during their treatment. Thorough combing with an egg removal comb each day during the 10-day period following the first treatment is an essential part of eliminating the lice and helping to prevent a lice recurrence. We will follow up, checking students and classes as needed to ensure that all active lice and eggs have been removed.

Illness or Injury at School:

If a child becomes ill at school, he or she will be taken to the medical room. A parent/guardian will be contacted and will be expected to pick up the child as soon as possible. If a child is injured at school, first aid will be administered if the injury is minor. An accident report will be filed for injuries which require medical attention, including first aid and parents will receive written notification of the treatment administered by the school nurse. Parents will be notified immediately if there are any questions concerning the severity of the injury. The student's emergency contacts will be called if the parents are unavailable. Many of our classroom teachers and Learning Support Assistants are CPR/First Aid certified. Paramedics will be called when necessary.