

School Health and Illness Guidelines

1. Purpose

Uphold the school's commitment to a safe working and learning environment, this includes:

- To provide clear guidelines for the care of students who become ill while at school.
- To prevent the spread of infections in the school environment.
- To minimise disruptions to learning for both students who are ill and their healthy classmates.

2. Scope

The School Health and Illness Guidelines applies to all staff, students and the school community.

3. Guidelines

Fever: For students with a temperature of 37.5 degrees celsius or higher, parents/relatives will be required to collect the student and take home. The student should rest at home and the fever should be monitored for at least for 24 hours. Parents are to have their children checked by a doctor and must present a medical note to confirm that they are able to return to school. Any students who have a fever in school will not be allowed to take the school bus home and must be collected.

Vomiting: If a student has a case of vomiting they should be taken to the school clinic and sent home in the first instance. Students should not be kept in school due to the risk of infection to other students. Parents/relatives are expected to collect their child if they are unwell and the student will be cared for in the school clinic until a parent/relative arrives. He/she is not allowed to return to school if the vomiting is accompanied with fever and the guidelines for fever should also be followed.

Diarrhoea: If a student has a case of more than one episode of watery stool in a 24 hour period, the student should be taken to the school clinic. Students should not be kept in school due to the risk of infection to other students, especially if the student appears ill. Parents/relatives are expected to collect their child if they are unwell and the students will be cared for in the school clinic until a parent/relative arrives.

Rash: Body rash with fever or itching especially episodes whereby an allergic reaction is in appearance. Students should be checked by a doctor to ascertain the cause and the appropriate guidelines followed, if a risk of infection to other student is possible.

Cough and cold: Continual coughing/ sneezing with yellowish-greenish discharge may be contagious and students will be required to go home for medical treatment by the healthcare provider. Students should not return until symptoms and infection risk has subsided.

Ear infection: Students will be sent home, if fever symptoms appear. If there is no fever, students may attend school but the students will require medical treatment and follow-up from the healthcare provider.

Eye infection: Pink eye (conjunctivitis) or thick mucus or pus draining from eye. Students will be able to return to school 24 hours after treatment has started and discharge has ceased.

Unusual appearance/behaviour: Students who appear tired, pale, confused or irritable may be sent home from school in consultation with their parents to receive enough rest or medical treatment from the healthcare provider.

Hand, Foot and Mouth (HFMD): Symptoms include: blister-like spots/rash on hands, feet, buttocks; painful sores/ulcers in mouth; appearance of fever. A student found with such symptoms will be sent home and parents must collect to avoid further infection on the school bus. Parents/relatives should seek treatment from the healthcare provider. Once symptoms have subsided/disappear or all blisters are completely dry and healed, a medical note from the healthcare provider will be required to certify that the child is fit to return to school.

Influenza: Students should stay away from school for a minimum period of 5 days after becoming sick and being diagnosed with any strain of Influenza (the 'flu'). Symptoms can begin about 2 days after the virus enters the body. A student found with such symptoms (fever/no fever, chills, myalgia, headache, malaise, non-productive cough, sore throat, nausea, vomiting or diarrhoea) will be sent home and parents must collect to avoid further infection on the school bus. Parents are to have their children checked by a doctor and must present a medical note to confirm that they are able to return to school.

Head lice: Parents of any child found with head lice will be informed and asked that they check their child's hair to prevent further spreading. Parents will be required to collect the student from school for treatment. Students will only return to school once treatment is adhered and no further lice/ 'nits' found. Students will be required to report to the school clinic for hair assessment before returning to class.

Chicken Pox: Students should stay away from school and receive medical treatment from a healthcare provider, until all lesions have crusted, usually 7 days after the onset of rash. A student found with such symptoms will be sent home and parents must collect to avoid further infection on the school bus. Parents are to have their children checked by a doctor and must present a medical note to confirm that they are able to return to school.

Measles: Students should stay away from school for a minimum period of 5 days after appearance of rash. A student found with such symptoms will be sent home and parents must collect to avoid further infection on the school bus. Parents are to have their children checked by a doctor and must present a medical note to confirm that they are able to return to school.

Mumps: Students should stay from school for 14 days after the onset of parotid gland swelling or until the parotid gland returns to normal. A student found with such symptoms will be sent home and parents must collect to avoid further infection on the school bus. Parents are to have their children checked by a doctor and must present a medical note to confirm that they are able to return to school.

Rubella: Students should stay away from school for 5 days after onset of rash. A student found with such symptoms will be sent home and parents must collect to avoid further infection on the school bus. Parents are to have their children checked by a doctor and must present a medical note to confirm that they are able to return to school.

Scarlet Fever: Students should stay away from school until symptoms of fever, sore throat and rash subside. A student found with such symptoms will be sent home and parents must collect to avoid further infection on the school bus. Parents to have their children checked by a doctor and must present a medical note to confirm that they are able to return to school.

4. Infection control

Where appropriate and in order to minimise infection, the school will after each confirmed and reported case of a communicable illness:

1. Take temperatures of all students, who may have been exposed to infection, on arrival at school and check for other symptoms;
2. Disinfect and deep clean classrooms that may have been exposed to prevent further infection
3. Inform parents, so that they are able to take necessary precautions;
4. Where appropriate and according to published guidelines, inform the Ministry of Health and put in place any advice/ instruction provided to minimise the spread of infection.