

## Staying Home If Unwell Policy

### Purpose

This guidelines will help school staff, students and parents to understand how to help prevent the transmission of COVID-19 within the school facilities. It also aims to help schools respond quickly should a case be identified.

As we have vulnerable students at school, it is essential that parents to keep their child at home whenever they are sick.

If your child gets sick, it is often most appropriate to keep him/her home. A student who is sick will not be able to perform well in school and is likely to spread the illness to other students and staff.

You don't want your child to miss school; but neither do you want to send a sick child to school to endanger him /her or others as well.

### When should your child stay home?

We should not send our child to school if he/she has:

1. Fever in the past 24 hours of 37.5°C or higher-

Fever is an important symptom; when it occurs along with **sore throat, cough, runny nose & body pain**, this symptoms are significant to Covid-19. PLEASE keep your child home during the course of a fever. Consult your doctor if fever is persistent accompanied by respiratory symptoms (cough, runny nose, difficulty of breathing). In such cases, a **negative PCR Test** will serve as a clearance certificate for the student to be able to return to school.

2. Vomiting & Diarrhea in the past 24 hours-

Diarrhea and vomiting make children very uncomfortable, and being near a bathroom becomes top priority. If your child has repeated episodes of diarrhea and /or vomiting accompanied by fever, a rash, or general weakness, consult a doctor and keep your child out of school until the illness passes.

3. Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)

Strep throat and scarlet fever are two highly contagious conditions caused by a streptococcal (bacterial) infection. They usually arrive with a sore throat and high fever. Sometimes nausea and headache are present too. 48 hours after the onset of scarlet fever a rash may also appear. A child with either strep throat or scarlet fever should be kept at home and treated with antibiotics, as prescribed by a doctor. After 24 hours on an antibiotic, a child is usually no longer contagious and may with a doctor's permission return to school.

4. Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night.

A bad cough or cold symptoms can indicate a severe cold, bronchitis, flu or even pneumonia. Some children suffer one cold after another all winter long and a run-of-the-mill cold should not be a reason to miss school. But if your child is not acting "right", has difficulty breathing, or is becoming dehydrated, it could be serious. Check with your physician right away.

A runny nose with clear watery discharge is the way many children respond to dust, pollen or simply a change in season. If it isn't a common cold, then it may be an allergy and allergies are not contagious.

The child can come back to school provided that no other symptoms is noted

5. Head lice – live bugs or nits (lice eggs)

Lice and mites, once brought into a home or school, can quickly produce an epidemic of itching and scratching. Lice are tiny parasites (like ticks) that thrive on the warm damp scalps of children and feed by sucking blood from the scalp. Caution your child against sharing anybody else's combs, brushes, or clothing, especially hats. Mites are tiny insects in the same class as spiders and ticks; they irritate the skin and cause scabies. If your child becomes a "host" to lice or mites, check with your doctor or school nurse for the most effective way to treat your child and disinfect your home or environment.

6. Rash- unexplained rash; unknown source

7. Conjunctivitis (Pinkeye)- must be on antibiotic eye drops for 24 hours, which includes 4 doses, before returning to school.

Conjunctivitis or pink eye is highly contagious and uncomfortable, so take heed when your child complains of an eye or eyes burning, itching, and producing a whitish discharge. Minor cases (caused by a virus) and severe cases (caused by bacteria) require treatment with prescription eye drops. It is best to keep your child home until your doctor says it is all right to return to school.

8. Chicken Pox

It is a viral disease, is not normally life-threatening to children but is very uncomfortable and extremely contagious. If your child has a fever, is itching, and begins to sprout pink or red "spots" (with watery centers) on the back, chest, and/or face, the chances are good it's chicken pox. Please let the school know this important information. Keep your child home for at least a week or at least two days after the last spot has appeared whichever period is longer.

9. Ear infections

Unless properly treated, can cause permanent hearing damage. You should follow the 24 hour rule for fever and antibiotic therapy.

If your child has a health concern please let the school nurse know and fill out a current Medical Form.

If your child needs to take medication whilst at school a Parent/Physician Authorization form must be filled out and signed by the parent.

If your child becomes ill at school and the school nurse feel the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school.

These guidelines are meant to serve the best interests of all the children and staff in SBS.

If you have any questions or concerns, please do not hesitate to call the school nurse.

**Implementation Date: September 2020**

**Review Date: September 2021**

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