

# School Health & Illness Guidelines

REAL Schools Cheras Campus



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## 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.

## Scope

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

## Guidelines

**Covid-19:** For students who test positive for Covid-19, parents/relatives will be required to collect the student and take home. The student should rest at home for 5 days and until they test negative using a self-test kit. If a child tests positive at home, they must inform school, so that precautions can be taken. Any students who tests positive will not be allowed to take the school bus home and must be collected.

**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.

## Preventing infection in daily contact

- In line with the 'transition to endemic phase for Covid-19', the default position for prevention of infection becomes living with disease. The following are now expected, as all members of our community take reasonable precautions to prevent infection or spreading disease and viruses:
  - having the necessary vaccinations when available, desirable for staff/ those in regular contact with the school
  - maintaining social distance when possible or ventilating areas well
  - wearing masks when recovering from illness or illness is suspected but not confirmed
  - isolating when symptomatic
  - testing when Covid-19 close contact known, suspected or not feeling well
- Those who are vulnerable to infection or their parents must inform senior leaders, so that adequate mitigation and alternative arrangements for working/ learning can be made.
- Areas in use will be well ventilated. Windows (not doors, which can cause a fire/ safety hazard) should be opened to provide through-ventilation, ceiling fans must be on and set to a medium setting, AC units are fitted with specialist air-filtration devices and must be at 23°C+.
- Toilet use will be managed to avoid crowding. Only one child is allowed out of a class at a time. Only two in any toilet room. Changing rooms will be managed to avoid over-crowding and students may wear PE kit to school on the day of lessons to speed up changing for lessons.
- Transport (i.e. buses, minivans) providers will make sure their staff:
  - Follow hygiene rules and are fully-vaccinated.
  - Ensure that each bus/minivan is cleaned and sanitised before taking pupils to and from school
  - Try to keep their distance from passengers where possible
  - Ensure screening for signs of illness are in place each morning and afternoon at the point of entry of the buses
  - Do not work if they are displaying symptoms. If a member of their household are displaying symptoms or has tested positive for infection, they should test daily before reporting to work and again at lunchtime
  - Assign specific seats are assigned to each pupil
  - Consider that the driver and each pupil wears a facemask
- Handwashing facilities will be provided throughout the school and hand sanitisers will be placed in each room, entry and exit points, dining hall, sports hall, sports field, and reception. Everyone in school will:
  - Frequently wash their hands with soap and water for 20 seconds and dry thoroughly using the guidelines displayed or use alcohol-based hand sanitiser to cover all parts of their hands. Posters and support will be provided to show all how to and ensure all do this.
  - Clean their hands on arrival, before and after eating, after an activity, and after sneezing or coughing
  - Be encouraged not to touch their mouth, eyes and nose
  - Use a tissue or elbow to cough or sneeze and use lidded bins for tissue waste – emptied several times a day.
- Cleaning staff will regularly clean frequently touched surfaces using standard cleaning products (e.g. bleach, detergent), including banisters, classroom desks and tables, bathroom facilities (including

taps and flush buttons), door and window handles, furniture, light switches, office desks, teaching and learning resources, computer equipment (including keyboards and mouse), sports equipment and toys.

- Anyone displaying symptoms or complaining of ill health will be automatically tested even if previously tested.

### **Preventing infection from those with symptoms and infection cases**

- Anyone experiencing symptoms of common cold, influenza (flu), COVID 19, vomiting, diarrhoea, HFMD or any unexplained sickness of any kind must not enter the school site, and instead follow official self-isolation guidance.
- Any student and staff living with someone experiencing symptoms of common cold, influenza (flu), Covid-19, vomiting, diarrhoea, HFMD or any unexplained sickness of any kind must take precautions, such as wearing a mask, handwashing, taking Covid-19 tests, to prevent the risk of infection to others.
- Anyone self-isolating with the relevant symptoms must access Covid-19 testing and inform school, so that measures can be taken to mitigate risk to others or inform the relevant authorities.
- The Principal/ Head of Primary/ Secondary must be informed immediately of suspicion of infection, close contact with a communicable disease or virus and provide test results so that actions can be taken to mitigate risk to others and inform authorities.
- If a symptomatic person is discovered in school, they will be taken to the clinic, appropriate treatment including where relevant self-test kit will be administered and sent home or isolated until they can be picked up by a parent. SLT will be informed. 999 will be called if they are seriously ill or their life is at risk.
- In the case of a symptomatic pupil who needs to be supervised before being picked up, if 2m cannot be maintained, supervising staff will wear adequate protective equipment.
- Supervising staff will ensure adequate self-disinfection after the pupil has left the site.
- A deep clean will take place in the areas that the symptomatic person has been in, and protective equipment will be disposed of properly. Students will be re-roomed during this process, which should take no more than a few hours to avoid disruption to learning.
- If a pupil or a staff member tests positive for a notifiable illness, the registrar will inform education and health officials and complete the necessary forms.

### **Compliance**

- All students, staff members, parents and all other visitors to the school site must at all times follow the instructions and request of school staff and leaders, so that the safety of all can be ensured, including sharing risk status

- Failure to follow reasonable requests, instructions or any part of this procedure, to cause others to be unsafe, may result in the person concerned being asked to leave the school site and future access being blocked. The school principal's decision in this regard is final as the responsible officer for safety on the school site.