

School Health & Illness Guidelines

XCL Education Malaysia



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Contents

Scope	2
Procedures.....	2
Preventing infection from those with symptoms and infection cases	3
Guidelines for Specific Illnesses.....	3

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 apply to all staff, students and the school community.

Procedures

1. If a symptomatic person is discovered in school, they will be taken to the clinic for appropriate treatment. If they are running a fever, 37.5C or higher, or exhibiting other symptoms of an infectious disease, the parent will be asked to collect them from school and they will remain in the Nursing station until collected. 999 will be called if they are seriously ill or their life is at risk.
 - If a pupil or a staff member tests positive for a notifiable illness SLT will be informed.
 - 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 switched and must be at 23°C+.
 - 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.
 - Do not work if they are displaying symptoms.
2. Handwashing facilities will be provided throughout the school and everyone in school will:
 - Frequently wash their hands with soap and dry thoroughly
 - Clean their hands 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.
3. 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.

Preventing infection in daily contact

In line with the 'endemic phase for Covid-19', the default position for prevention of infection becomes living with the disease. In line with other infectious diseases/viruses it is expected that all members of our community will take reasonable precautions to prevent infection.

- visit your doctor to seek treatment at the first opportunity.
- having the necessary vaccinations when available, desirable for staff/ those in regular contact with the school
- wearing masks when recovering from illness or illness is suspected but not confirmed.
- isolating as necessary when tested positive for Covid-19

If you are confirmed with influenza (flu), COVID 19, vomiting, diarrhea, HFMD then do not come to school, inform the school nurse for students and line manager for staff and take the necessary steps to recover.

Preventing infection from those with symptoms and infection cases

1. Anyone experiencing symptoms of common cold, influenza (flu), COVID 19, vomiting, diarrhea, HFMD or any unexplained sickness of any kind must not enter the school site, and instead follow official self-isolation guidance.
2. Any student and staff living with someone experiencing symptoms of common cold, influenza (flu), Covid-19, vomiting, diarrhea, HFMD or any unexplained sickness of any kind must take precautions, such as wearing a mask, handwashing, to prevent the risk of infection to others.
3. If a symptomatic person is discovered in school, they will be taken to the clinic, appropriate treatment 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.
4. Supervising staff will ensure adequate disinfection of the site.

Guidelines for Specific Illnesses

Covid-19: For students who display symptoms for Covid-19, parents/relatives will be required to collect the student and take home. We encourage parents to test for Covid 19. If a child tests positive at home, they must inform school.

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 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.

Diarrhea: 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 students 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 have 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 them 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 diarrhea) 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 to 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 them 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 them 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 them 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 the onset of rash. A student found with such symptoms will be sent home and parents must collect them 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 them 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.

Communication

Clear and informed communication between school and home when illness occurs is important to allow parents to make decisions about health care and response and for school to be able to plan and mitigate the spread of infection.

Parents are requested to inform schools of the full details of illness at the earliest possible opportunity, so that actions can be taken. Where possible, parents are requested to share test and diagnostic information, so that response can be accurate – for example, where influenza or covid is suspected, it is requested that a diagnostic test is taken rather than solely relying on symptoms for diagnosis, to allow for accuracy in response.

Schools will provide information with parents in a helpful and proportionate fashion so that parents can plan and respond appropriately. Whilst balancing individual privacy and reporting only confirmed diagnoses (through a medical test not through symptomatic presentation), schools must be mindful to be pro-active and share as much information as possible.

The following is recommended for specific illnesses in terms of who is informed:

HFM

- One case – inform single class
- Two cases same year group – inform year group
- Four or more cases in the school – inform section of the school (KS)
- Closure of one class – inform section of the school (KS)
- Closure of multiple classes – inform the whole community

Influenza, Chicken Pox, Measles, Mumps, Rubella, Covid

- Two cases in the same class – inform class
- Four cases in the same year group – inform year group
- Ten cases in the school – inform the school community

Headlice

- One instance – class notified
- Three instances – year group notified
- Five instances – KS notified

Schools are requested to inform parents on the same day that they have been notified, so that decisions and alternative arrangements can be made for the next school day.

Compliance

1. 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

2. Failure to follow reasonable requests, instructions or any part of this procedure, so as to cause others not to be safe, 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.