

Illness

HeadStart has a full-time nurse on campus who provides first aid, and maintains up-to-date health records for each student. Parents are encouraged to list any medical concerns about the student so that the school can be aware.

If the nurse determines that a child is too ill to attend class, or has/is suspected to have a communicable disease that could jeopardise the health of other students, she will contact the parent or guardian. The parent or guardian will be required to promptly pick up their child from school.

To prevent the spread of illness, do not send an ill student to school. Always inform your child's homeroom teacher or the front office in your child won't be in. If your child becomes ill at home with a contagious illness e.g. measles, chicken pox or head lice, please inform the nurse immediately. **A doctor's clearance may be required to resume classes.**

Phuket is always hot and humid - coughs and colds and other illnesses that affect young children are common.

As parents, you do not want your child to miss school, but you do not want to send a child to school sick and put them and other children at risk.

When should your child stay home from school?

- **Fever**

Fever is an important symptom. When it occurs along with a sore throat, an earache, nausea, listlessness or a rash, your child may be carrying something very contagious. Students must be fever-free **for a full 24 hours** (with no medication), before they can return to school.

A fever is defined as having a temperature greater than 37.5°C. We ask that parents promptly retrieve their children from the Nurse's Office when they are notified of an illness.

A bad cough or cold symptoms can indicate a severe cold, mycoplasma, bronchitis, flu, or even pneumonia. Some children suffer one cold after another. If your child is not feeling well and is "acting funny" or has difficulty breathing or is becoming dehydrated, it may indicate a more serious condition. You are encouraged to check with your paediatrician right away.

- **Common highly contagious illnesses such as:**

Chicken Pox; Conjunctivitis or Pink Eye; Ear Infections; Diarrhoea and Vomiting; Strep Throat and Scarlet Fever; Hand, Foot and Mouth Disease (HFMD);...

- **Antibiotics**

Most children who have been prescribed antibiotics are usually too sick to be at school for the first 2 or 3 days. Depending on the illness there is a chance that your child is also contagious. Any time antibiotics are brought into school, they should be accompanied by a doctor's clearance to guarantee that the child is fit enough to attend and is no longer contagious for others.