

STUDENT SICKNESS AND HEALTH GUIDELINES

Parents do their best to keep kids healthy during flu season, but sometimes even the most vigilant preventive measures can't ward off the flu.

When your child gets sick with the flu, keeping them home from school can help them recover faster. It also helps prevent the virus from spreading to other children in the school, which is critical to keeping everyone as healthy as possible.

Healthcare professionals recommend that sick children stay home until they're well enough to go back to school. This is typically about 24 hours after symptoms begin to improve. In some cases, however, it can be difficult to determine whether your child is well enough to return to school. Consider the following signs as you make your decision.

Fever

It's best to keep your child at home if they have a temperature at or above 38 degree Celsius. A fever indicates that the body is fighting off infection, which means that your child is vulnerable and likely contagious. Wait at least 24 hours after the fever has come down and stabilized without medication to consider sending your child back to school.

Vomiting and Diarrhoea

Vomiting and diarrhoea are good reasons for your child to stay home. These symptoms are difficult to deal with at school and show that the child is still capable of spreading the infection to others. Additionally, in younger children, frequent episodes of diarrhoea and vomiting may make appropriate hygiene difficult, increasing the risk of spreading the infection. Wait at least 24 hours after the last episode before considering a return to school.

Persistent Cough or Sore Throat

A persistent cough is likely to be disruptive in class. It is also one of the primary ways of spreading a viral infection. If your child has a severe sore throat and a lasting cough, keep them home until the cough is nearly gone or easily controlled. They may also require testing

by your child's doctor for illnesses such as strep throat, which are highly contagious but easily treated with antibiotics.

Be Diligent About Hygiene

Make sure your child washes their hands frequently and always coughs or sneezes into their elbow. This will help prevent them from spreading the virus to other people. It's also important to make sure everyone in the home drinks plenty of fluids and gets a sufficient amount of sleep.

Other preventive measures include:

- avoiding sharing towels, dishes, and utensils with the infected person
- limiting close contact with the infected person as much as possible
- using antibacterial wipes to clean shared surfaces, such as doorknobs and sinks