Policy of Stay at Home If Unwell 2026-2027

Implemented: **September 2026**
Next Review: **September 2027**

Staying at home If we are sick is important to help prevent the spread of infection to others. The best way to prevent seasonal flu is to get vaccinated each year, also good health habits like washing hands often and covering the cough and respiratory etiquettes can help stop the spread of germs and prevent contagious respiratory illnesses.

When should the student stay at home?

It is mandatory that the student stays at home if he/she is showing any of (but not limited to) the following symptoms:

- Fever (temperature greater than (99.5°F/37.5°C)
- Persistent cough, runny nose.
- Body ache, malaise and headache
- Sore throat.
- Diarrhea or vomiting.
- Redeye with discharges or infectious conjunctivitis.
- Undiagnosed skin rash.
- Breathing difficulty.
- Headlice infestation.

What to do if the student has any of the above symptoms?

Keep the student at home.
For Medical Absence the parent must inform the student's teacher/ form tutor by email and must apply for leave on parent portal in phoenix and to submit the sick leave.

What will happen if a sick student comes to school?

- If the symptoms appear during the school hours, the student will be triaged and sent to the clinic and every effort will be made to contact the parents/ guardians. It is therefore important to keep the school informed of any changes to home/mobile contact information.
- The school clinic will assess the student and make the decision to apply first aid measures accordingly. If the student is medically stable, the medical team will assess the student's medical condition and may advise to parent to collect the student.
- If the student is medically unstable, ambulance will be called and parents will be notified.

When can the student rejoin the school physically?

The student can return back to the school upon submission of sick leave and has been fever free for at least 24 hours without using fever reducing medication and he/she is well enough to take part in school activities.

For infectious and communicable illnesses, exclusion period as advised by authorities should be strictly followed.

Students with medical condition and medication in the school:

Make sure that the school staff is aware if your child has a chronic illness such as Epilepsy, Bronchial Asthma, severe allergic, Diabetic Mellitus and other medical conditions so that assistance can be provided if needed. Each school year, report the information about your child's chronic illness to the school clinic and submit a medical report.
If your child must have medication of any type during school hours, you need to follow the below:
All medicines brought to school must be in the original container.

Some students may need special medications for chronic health conditions. Students who need a prescription medication (i.e., inhaler, EpiPen and etc.) must have a medical action plan, EpiPen authorization letter, prescription order and consent form on the file at school which includes the physician and parent/legal guardian signatures.

Any medicine (prescription or over-the-counter) to be given by the school nurse must have an updated written order from the doctor and parent/guardian permission.

Students are not allowed to self-administer/carry over-the-counter medicines during the school hours and they are not to share any medicine with other students on any circumstances.

All medicines to be given by the school nurse must be brought to school by parent/guardian and first-time medication can only be administered at home under supervision of parent/guardian.

This policy will be reviewed at any time on request from members of the leadership team, from authorities or at least annually.

Meenakshi

Signed: **Date: September 2026**