



Student Health and Safety Guidance

The following information is designed to offer guidance regarding when to send your child to school and when to keep them home due to illness. This guidance is meant to benefit your child and the health and well-being of the Sias IS community. These are also conditions for which your child may be sent home from school.

If you are unsure of which action you should take, please contact your doctor or school nurse.

1. Medication at school

Students are not allowed to carry medicine or store it in their backpacks or locker.

If parents require the school nurse to dispense medication to their child during school hours, they need to complete and sign a Medication Registration Form on DingTalk and send the medicine to the school nurse.

2. Sunscreen and Insect Repellent

To avoid allergic reactions, the school will not provide or apply sunscreen or insect repellent for students. If parents want their Toddler to G2 child to use either, we request they apply sunscreen and mosquito repellent before coming to school. Students in G3 and above can bring patches, bracelets, sunscreen and/or mosquito repellent to school. Please inform teachers that your child will bring it to school. The mosquito repellent and sunscreen should be lotions not sprays and they should not share the lotion with others.

3. Sick leave

Students' health is our first concern, and it is important that the school has up-to-date information on it. Please contact the school nurse if you have any updates to your child's health information.

- If a student is absent due to illness, parents need to submit the excuse via ManageBac by 9 AM on the first day of leaving and clarify the child's health status and diagnosis. **If a student is absent for 3 or more days, please submit a doctor's note before the child returns to school.**

4. Fever

A fever is a warning that all is not right within the body. If your child has a temperature equal to or above 37.3 C, do not send him/her to school. **A child needs to be fever free for 24 hours before returning to school. All students with a fever must report to the school clinic before returning to class.**



5. Cold, Sore Throat, Cough

A child with cold symptoms, sore throat and cough should stay at home even if there is no fever. **If spots can be seen in the back of the throat, or if a fever is present, take the child to the doctor and report it to the school clinic.**

6. Abdominal cramps, Vomiting, Diarrhea

Consult your doctor if your child has a stomachache or abdominal pains which are persistent or severe enough to limit the child's activity. **A child with diarrhea or vomiting must be kept at home and may not return to school until they are symptom free for 24 hours.**

7. Pain

Toothache: Please contact your dentist.

Earache: Please consult your doctor.

Headache: A child whose only complaint is a minor headache may attend school.

- Frequent or persistent headaches may indicate a more serious health problem; please consult your doctor.

8. Ocular discomfort

Consult your doctor if your child has eye redness, itching, or increased drainage or pus. **See conjunctivitis below. It is very contagious! If a student has these symptoms, he/she will be sent home, and must stay home until they have a doctor's note indicating they are not contagious.** If your child is diagnosed with acute hemorrhagic conjunctivitis, please follow the directions below.

9. Rash

Rash or spots may appear in only one area or may cover the entire body. Call the school nurse or your doctor if you are uncertain about whether to send your child to school with a rash.

10. Contagious Conditions

Any student found to have any of the contagious diseases listed below will be sent home. Parents should notify the school clinic when a student has a contagious condition. See table below for detailed information about how long students should remain home from school for various illnesses.



Disease	Time student should remain out of school
Herpetic Angina	7 days after all the symptoms have disappeared, the student must return with a certificate of recovery.
Chickenpox	After all blisters become dry and scabby, or no shorter than 14 days after the chicken pox starts to seep, the student must return with a certificate of recovery. *Immunization usually prevents this illness. *
Acute Hemorrhagic Conjunctivitis	For 10 days after treatment has started and discharge has ceased, the student must return with a certificate of recovery.
Gastroenteritis	Until diarrhea and vomiting free for 24 hours.
Hand, Foot & Mouth Disease	7 days after all the symptoms have disappeared, the student must return with a certificate of recovery.
Head Lice	Until the student receives proper treatment and is cleared by the school nurse. All family members should be checked.
Influenza	Until symptom-free or fever-free for 48 hours without taking medication. the student must return with a certificate of recovery.
Measles	For a minimum of 5 days after onset of rash, the student must return with a certificate of recovery. *Immunization usually prevents this illness. *
Mumps	Until at least 14 days after onset of symptoms. the student must return with a certificate of recovery. *Immunization usually prevents this illness. *
Tuberculosis	Until the local health department authority or treating physician states the student is non-infectious. the student must return with a certificate of recovery.
Norovirus	7 days after all the symptoms have disappeared, the student must return with a certificate of recovery.
Scabies	After lesions have healed, the student must return with a certificate of recovery.
Scarlet Fever	After receiving medical treatment for 10 days, or 21 days after the disease onset. the student must return with a certificate of recovery.

* The hospital issuing the diagnosis certificate must be a community hospital or above.



学生健康安全指南

以下信息为何时可以送学生上学，何时学生因病需要留在家中，以及在何种情况下身体不适的学生需要回家休息的指引。遵守指引有利于学生健康地成长以及更好地参加西亚斯外籍人员子女学校的教育教学活动。

如果家长不确定应该采取什么措施，请联系您的医生或学校校医。

1、校内服药

学生在校期间不能将药物储存在书包或书包柜里。如有特殊要求，需要向学校相关部门申请批准。

如果家长要求校医在上学期期间协助学生服用药物，需填写钉钉平台的服药登记表，并把药物交到医务室。

2、防晒霜和驱蚊剂

为避免过敏反应，学校不向学生提供使用防晒霜或驱蚊剂。幼儿两岁班至小学二年级学生要求在入校前涂上防晒霜或驱蚊剂。在校期间，学校鼓励学生戴上驱虫剂手镯/贴片或使用经认证的驱虫用品。小学三年级以上的学生可以带防晒霜或驱蚊剂到学校。驱蚊剂只能是乳液类，不能携带喷雾剂入校，并且学生之间不能相互分享使用。

3、病假

学生们的健康状况是学校首要关注的。及时获取学生健康状况信息对学校来说非常重要。如果您的孩子出现任何健康状况，请尽快与医务室联系。

如果学生需要请病假，请家长通过学校ManageBac平台在缺勤当天上午9点前给班级班级老师请假，告知学生的具体健康状况及相关诊断。**如果学生请病假超过3天或以上，返校需出具医生证明。**

4、发热

发热通常是身体状况异常的一个征兆。如果学生体温达摄氏37.3℃，则不能被送到学校，学生体温恢复正常达**24**小时后才能返校。并且，痊愈的学生返校前需要向医务室报告。

5、感冒、咽喉疼痛、咳嗽

学生如有感冒、咽喉疼痛和咳嗽等症状，应在家休息，并向医务室报告。

学生如发现咽喉部疼痛伴有斑点或出现发热，应尽快就医，并向医务室报告。



6、腹痛、呕吐、腹泻

如果学生出现持续的腹部不适甚至影响活动，请尽快就医。

学生出现呕吐或腹泻症状必须在家中休息，直到症状消失后24小时方可返校。

7、疼痛

牙痛——牙科就诊

耳部疼痛——尽快就医

头痛——如果学生只是出现轻微的头痛一般仍可以上课。

如果是持续且频繁的头痛症状可能表示严重的健康问题，请尽快就医。

8、眼部不适

如果学生眼睛出现红肿、瘙痒、分泌物增多等症状，请尽快就医明确病因。学生需留在家中休息至痊愈或需出具医生证明，证明其不具传染性。如诊断为急性出血性结膜炎，请遵循下表相关指引。

9、皮疹

皮疹可能出现在身体的局部或遍布全身。如果学生出现皮疹，请联系医生或校医以确定其是否能上学。如果学生患有传染性疾病，家长请通过企业微信告知学校，并说明学生状况和相关诊断。如需咨询更多信息，可通过企业微信联系学校医务室。

10、 传染性疾病

学生如果出现下列的传染病必须回家并尽快就医。有关应对传染病的信息，请阅读本页右侧栏中的内容。一旦学生出现传染病症状，家长应尽快通过钉钉联系医务室。

学生在疾病传染期不可回校上课。



疾病	隔离期
疱疹性咽峡炎	自发现起到症状消失后7天，并提供痊愈证明。
水痘	全部水痘疱疹结痂、痂皮干燥后或不少于病后14天，并提供痊愈证明。疫苗能预防疾病。
急性出血性结膜炎	自症状出现起10天，并提供痊愈证明。
胃肠炎	腹泻与呕吐等症状消失24小时后。
手足口病	症状消失7天后才能返校，并提供痊愈证明。
头虱	学生得到适当的治疗，并由校医确认学生头部无虫卵和成虫后方可返校。家庭成员也需要自检。
流感	未使用药物下，退热 48 小时后方可返校。痊愈的学生请在返校前向医务室报告，并提供痊愈证明。
麻疹	出疹后5天，并提供痊愈证明。疫苗能预防疾病。
流行性腮腺炎	不少于病后2周，并提供痊愈证明。疫苗能预防疾病。
结核	由当地卫生部门或者指定医疗机构医生证明该学生无传染性，并提供痊愈证明。
诺如病毒感染	自症状消失后72小时,并提供痊愈证明。
疥疮	至病灶痊愈,并提供痊愈证明。
猩红热	规范治疗 10 天；或发病后 21 天，并提供痊愈证明。

***开具诊断证明的医院必须是社区医院或以上级别。**