

Illness and Fever Policy

General Health

Your child **should** come to school if they can fulfil the following requirements:

- Can energetically participate in classroom activities and recess without use of fever/symptom-reducing medicine (paracetamol, Ibuprofen, cough syrup etc.)
- Is fever free with a temperature below 38.0°C or for under 5 year olds 37.5°C.
- If they have no symptoms of vomiting/diarrhoea.

Your child should stay at home/will be sent home if they have any of the following;

General illness:

They appear to be, or are complaining of feeling too unwell to be in school or have an infectious disease. Within school this assessment will be made by a school nurse.

Fever:

Students with a temperature of 38.0°C or higher (37.5°C for 5 years and under) will be sent home from school and should not return to school until they are fever-free for a minimum of 24 hours without the use of fever-reducing medicine (e.g. paracetamol, aspirin, ibuprofen etc).

Vomiting:

If a student has vomited they must stay at home for a minimum of 24 hours without vomiting before returning to school. The exception to this rule is if the vomiting is due to travel sickness or migraine.

Diarrhoea:

If a student has diarrhoea (3 x loose/watery stools in a day) they must stay at home for a minimum of 48 hours without diarrhoea before returning to school. The requirement for 48 hours is because diarrhoea can be caused by different germs with infections easily spread from person to person, especially in children. The exception to this rule is if the diarrhoea is due to antibiotic treatment. In this case, the student can return to school once the diarrhoea has stopped.

Covid:

Switzerland does not have any specific Covid mandates or requirements in place concerning testing, positive cases, masks, or vaccination. Positive cases are presently treated as any other viral infection. ISZL follows the same guidelines and in line with any other viral infection, students should be fever-free for 24 hours, feeling well and able to participate in all school activities before returning to school. There is no school requirement that students wear masks, although they are free to do so.

Return to School After Illness/Fever

When the child returns to school, they must be fit enough to participate in all activities. Exception is given with a medical note stating length of absence from the activity.