

Illness and Fever Policy

General Health

Your child **should** come to school if they can fulfill 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 Covid-19 - such as continuous cough, sore throat, shortness of breath/chest pain, sudden loss of the sense of smell and/or taste with or without fever.
- If they have no symptoms of vomiting/diarrhea.

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

General illness:

They appear or complain of feeling unwell or they have a suspected communicable disease.

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 24 hours without the use of fever-reducing medicine (e.g. paracetamol, aspirin, ibuprofen etc). We recommend you consult the [flow chart](#) or [covid online test](#) to determine your next step.

Covid Symptoms other than fever:

At these exceptional times, in the event a student presents in the nurse's office with a continuous cough, sore throat, shortness of breath/chest pain, sudden loss of the sense of smell and/or taste we will send the student home immediately as a precaution. They will be held in a designated quarantine room and required to wear a medical mask until they can be picked up by their parents/guardian. We would expect parents to be available to pick their child up within 45 minutes once they have been contacted by the nurse. In the event a parent is unable to collect their child, we will contact the emergency contact we have on file. Parents/emergency contacts will be expected to collect the child by car in order to avoid possible spread on public transport. We recommend you consult the [flow chart](#) or [covid online test](#) to determine your next step. If no testing is required, students should remain at home until they feel well and are symptom free for a minimum of 24 hours.

Please inform the school nurse if you child or anyone else in the household is sent for a Covid-19 test. In this situation, the student and siblings should not return to school until the results are known.

- If the results are **positive**, you must follow the government rules in regards to quarantine and self isolation for the family. The length of quarantine is 10 days from the onset of symptoms. If the symptoms extend longer than 10 days, then you should remain in quarantine until 48 hours symptom free. The student may not return to school earlier than the minimum quarantine requirement of 10 days even if the student is feeling well. [Isolation and Quarantine rules FOPH](#)
- If a member of the family that lives in the same household receives a **positive** result of a Covid-19 test, we ask that you inform the school of the result. All family members must self-isolate for a minimum of 10

days in accordance with government requirements and students must not come to school during this time.

- In the event that the results are **negative**, students must be symptom and fever free for a minimum of 24 hours, unmedicated before returning to school. Siblings who are feeling well and have no symptoms may return to school once the negative result is confirmed.
- If a staff member lives in the same household as a person who has had a covid test due to ill health, the staff member is expected to remain at home until the result of the test is known.

What to do if just one of your children is sick.

If one of your children is unwell, for example with a fever, this raises the question about whether their sibling can come to school. In line with the school policy the sick child will need to be off school for a minimum of 24 hours without a fever. As fever is one of the common symptoms of Covid-19, we would recommend that you consult the [flow chart](#) appropriate to your child's age or the [covid online test](#) and follow the recommendation. If the flow chart, online screening test or your doctor does not recommend testing of the sick child, the well siblings may come to school.

If the recommendation is that the sick child is to be tested, then we require that the sibling/s do not come to school until the test results are known.

Return to School After Illness/Fever

- On return to school following absence due to an illness or isolation, students must be checked at the Nurse's office immediately upon arrival to school, before going to the classroom. Students who arrive with fever of 38.0°C or higher or have taken fever reducing medication will not be given access to the classroom and parents will be notified to pick up their child immediately
- When the child returns to school, he/she must be fit enough to participate in all activities. Exception to the rule: If there is a restriction from some activity there must be a doctor's note explaining for how long.