



# Sickness Policy

If your child is ill, it's likely to be due to one of a few minor health conditions. Whether you send your child to school will depend on how severe you think the illness is. Below you can find the information regarding when to keep your child at home and how long for.

Remember, if you're concerned about your child's health, consult a health professional.

- **Cough and cold.** A child with a cough or mild cold can attend school. If the cough is accompanied by an elevated temperature above 38°, chills or drowsiness, the child should remain out of school and return to school 24 hours after he/she begins to feel better. If your child has a more severe and prolonged cough, consult your pediatrician. They can give guidance on whether the child should remain out of school.
- **High temperature** from 38° is considered fever. If your child has a high temperature, he/she should not attend school. They may return 24 hours after starting to feel better (24 hours after fever has not occurred).
- **Skin rash.** Having a skin rash may be the first sign of many infectious diseases, such as chicken pox, hand-foot-mouth disease, etc... Children with these types of injuries or rashes should not attend school, without first providing a medical report, stating that it is not contagious.
- **Headache.** A child with a mild headache does not need to be kept out of school. If the headache is more severe or is accompanied by other symptoms, such as increased temperature or drowsiness, it is recommended to keep the child out of school.
- **Vomiting and diarrhea.** Children with these symptoms should be kept out of school. They may return 24 hours after their symptoms disappear. Most cases of vomiting or diarrhea improve without treatment, but if symptoms persist, consult your pediatrician.
- **Sore throat.** A child who complains of a slight sore throat and has no other symptoms is able to go to school. A sore throat with a high temperature is an indication that the child should stay at home and go to their nearest health center, since the disease can be aggravated to tonsillitis, etc.
- **Conjunctivitis.** The child cannot come to school unless he/she has presented a medical report that is not infectious conjunctivitis or has started treatment.
- **Head lice.** If head lice are detected at school, parents will be called to come and pick up the student, and thus, begin treatment as soon as possible. In the case that they are detected at home, please notify the center so that the school can take the appropriate prevention protocol measures.
- **Impetigo.** Your child cannot attend school until the lesions are crusted and healed, or 48 hours after starting antibiotic treatment. Antibiotic treatment accelerates healing and reduces the infectious period.

When the student becomes ill, either at home or at school, and therefore has any symptoms that are considered infectious, or when the center believes it is appropriate (for reasons of prevention or because there are many cases of some infectious disease), a medical report will be requested to rule out any outbreak of infection. **Parents need to inform school if their child has an infectious illness, so that we can inform the other families who may be affected (confidentially).**

In the case of the absence of the student, the family must notify the school. The school may inquire about the illness and request an estimate of the duration of the absence.

Should you have any doubts or queries, please contact our school nurse Gemma Beneyto: [g.beneyto@newtoncollege.es](mailto:g.beneyto@newtoncollege.es)