VANCOUVER WALDORF SCHOOL

DISEASE AND ILLNESS PREVENTION
PARENT & GUARDIAN QUICK REFERENCE GUIDE

Last Updated: 13 Oct 2021

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

If your child is diagnosed with a **communicable disease** (e.g. COVID-19, measles, pertussis, norovirus, influenza, etc) or is exhibiting any of the following illness or symptoms, they should be kept home from school.

- **A common cold** that includes listlessness and/or coughing and sore throat
  Once your child's temperature, wellbeing and energy have returned to normal, they may be able to return to school even though coughing and runny nose may persist.
  If symptoms caused by a known allergy (e.g. hay fever, asthma), student may attend if class teacher or class advisor is notified in advance.
- **Unusual pain** - any complaints of unexplained or undiagnosed pain.
- **Fever** (100°F/38.3°C or higher).
- **Sore throat** or trouble swallowing.
- **Difficulty in breathing.**
- **Persistent headache or stiff neck.**
- **Unexplained diarrhea** or loose stool combined with nausea, vomiting or abdominal cramps. The child will be kept at home until all symptoms have stopped.
- **Nausea or vomiting.**
- **Infected skin or eyes**, or an undiagnosed rash.
- **Severe itching** of body and scalp.

WHEN TO NOTIFY THE SCHOOL OF ILLNESS OR SYMPTOMS

You MUST inform the school within 24 hours if your child is diagnosed with, or exposed within their household to, a communicable disease, or is experiencing any of the above symptoms. The school is responsible for monitoring for any clusters of similar symptoms and is regulated in what and when it must report to Vancouver Coastal Health to help ensure the health of students is top priority.

WHEN YOUR CHILD CAN RETURN TO SCHOOL

Your child can return to school once they are:

- Past the communicable stage; and
- Symptom free, without the aid of symptom reducing medications (e.g. Tylenol) for a **full 24 hours prior to the return to school**; and
- Are well enough to take part in the school programs and activities

The school reserves the right to ask for a note from a medical practitioner, depending on the illness/disease.

For more information, please see the *Disease and Illness Prevention Policy and Protocols* available to parents and guardians via the BigSIS parent portal.