Health and Sickness Policy

Reviewed: June 2023

Futuraskolan International School of Stockholm realizes that in settings where there are significant numbers of people grouped together, the risk of sickness being passed from person to person is increased. Such situations can often mean the sickness lingers within a setting for much longer than it should. While sickness is a part of growing up it can create special concerns for parents of children and for the staff that work with them. In order to attempt to control sickness, among both students and staff within Futuraskolan International School of Stockholm, the school has drawn up the following policy for sickness among students. The following Health and Sickness Policy guidelines are based on the recommendations provided by the American Academy of Pediatrics.

Health/Illness
Please notify staff via SchoolSoft if your child is unwell and unable to attend, if possible, before 8:00am with the reason included.

When in doubt whether your child is well enough to attend, please keep them at home.

The school seeks to promote and encourage good health and hygiene for all the children in our care. This includes monitoring the children for signs and symptoms of communicable illnesses, for example, diarrhea, vomiting, eye infections, chickenpox, measles, etc. If your child has an infectious illness please inform us. Exclusion periods for childhood illnesses vary and this information is available from your pediatrician. However, if there is an outbreak of an illness that is highly contagious, the exclusion periods will be extended.

In the school setting, there is always the possibility of cross infection between children, from children to staff, and from staff to children. Should a child become ill while in our care, and if the school feels there is cause for concern, the parents will be notified. If the school feels the child should be sent home, parents will be asked to collect their child. In the case of severe illness or accident and where a first-aid individual recommends, the school will ring an ambulance and inform parents of this course of action.

Learner Absence Due to Sickness - In the case that your child presents with any of the following symptoms please do not bring them to school:

- Illness that prevents the child from participating comfortably in school activities.

- Sickness that poses a risk of spread of harmful disease to others.

- Abdominal pain that continues for more than 2 hours or intermittent abdominal pain associated with fever, dehydration, or other signs of sickness.

- Strep throat (streptococcal infection) until 48 hours after treatment has been administered

- Head lice and other contagious infections until after treatment and all eggs and nits are removed. Here you can read about treatment of lice and eggs: Link: [Head Lice](#)

- Pinworms- Pinworm infection is an intestinal infection caused by small, white worms. Anyone can get it, but it is most common in young children. It is easily treated. Here you can read about prevention and treatment. Link: [Pinworms](#)

- Pink Eye/Conjunctivitis - This is an infectious condition. Close contact between children necessitates rapid treatment. If your child possibly has a red, sticky eye the school will request parents to seek treatment. <u>If it is confirmed, the child should be kept home from school until 24 hours after treatment is commenced</u>. Please note that medicine for eye infections must be prescribed by a doctor and are not available over the counter.

- Diarrhea and/or Vomiting - definition, frequent loose motions, one loose motion does not constitute diarrhea, two loose motions in two hours probably is diarrhea. Many cases will be diet related and are not infectious. Where an infection is confirmed, the child should be excluded from contact with others at the School. In cases of non-contagion the child should also be excluded from contact with others at the school until this is confirmed. The child should **not be returned for at least 48 hours** after diarrhea and/or vomiting have completely stopped. Returning earlier than this may spread infection to other children, which could re-infect your child.

- Rash - in the absence of a temperature, a rash may be nothing to worry about. Where a rash exists in an ill child, medical help should be sought immediately and the rash should be confirmed non-contagious or non-infectious before the child is brought into school.

- Chickenpox - once the lesions have scabbed over, it is all right for the child to return. This is usually between 7 and 10 days from the commencement of the illness. Anyone who is pregnant or who thinks they may be pregnant should see their doctor if contact with chickenpox or rubella was possible.

- High Temperature - Fever over 37.5 degrees needs to stay home or will be sent home if at school.

- Infected colds – If a child is showing signs of an infection, such as runny nose, green mucus, coughing and fatigue he/she may be contagious and likely will not be comfortable at school. Please keep your child home in this case.

- Medication - Children taking antibiotics should not attend until 48 hours after the treatment began and then only if they are actually getting better. Where a child is taking a prescribed medicine as treatment from their doctor, the medication will be administered at the School only with written permission from parents and with directions for administration. Parents must supply said medications in labeled containers with instructions for delivery clearly printed on them.

Sweden provides a medical advice service both online and by telephone. Visit the website for [Vårdguiden](#) to read about various illnesses and medical options, as well as find your local vårdcentral (GP clinic). Call 1177 to speak to a nurse who can give advice on home treatments or where to turn for professional medical assistance.

For parents of children under 6, you can also find your local BVC (barnavårdcentral) where you can meet with a pediatric nurse. For more information visit the [Children's page of Vårdguiden](#).