

FROM THE CDIS HEALTH OFFICE



This information is offered so that we may improve the general health of all members of our school community.

The information in this handout is not intended to replace professional medical advice.

As a parent, we understand that when your child feels unwell, sometimes it is difficult to know whether or not your child should stay home or go to school. This handout makes an attempt to help guide you in those uncertain times.

Chengdu International School (CDIS) has a nurse on duty from 8 am until 4:30 pm, as well as during secondary home sports games and tournaments. The Health Office is and First Aid Station is located in room C115 and C116, on the 1st Floor.

A nurse is here to support your child's health and well-being while attending CDIS. Should you have any questions or concerns please visit (by appointment only) or contact the nurse by email or phone.

Phone: (028) 6517 5228, ext. 31150

Email: nurse@cdischina.com

FEVER

A fever is a warning that something is not right with the body. Your child needs to stay inside, rest and drink a lot.

The best way to check for fever is with a thermometer, which every home should have. No child with a temperature at or above 37.7°C (100°F) should be sent to school.

*During the COVID-19 pandemic, a fever is a temperature of 37.3° (99.1 °F) or greater.

When no thermometer is available, check the child's forehead with the back of your hand. If it is hot, keep the child home until the temperature can be checked with a thermometer.



Do not allow your child to return to school until he/she has been free of fever for 24 hours without fever reducing medication.

COLD • SORE THROAT • COUGH

The common cold presents the most frequent problems to parents. The child with a “mild” cold but otherwise feeling well may go to school.

A child with a “heavy” cold and a deep or hacking cough should rest at home even though he or she has no fever.

PAIN

If your child complains of a sore throat and has no other symptoms, he may go to school. If white spots can be seen in the back of the throat or if fever is present, keep him or her home and call your doctor.

TOOTHACHE: Contact your dentist.

EARACHE: Consult your physician. If the child has no fever, he or she is allowed to go to school.

HEADACHE: A child whose only complaint is headache may come to school unless it prevents the child from focusing in class.

RASH

A rash may be the first sign of one of childhood's many illnesses, such as measles or chicken pox. A rash or "spots" may cover the entire body or may appear in only one area.

Do not send a child with a rash to school until your doctor has said it is safe to do so.

Heat rashes and allergic reactions are not contagious. These children may attend school.

STOMACHACHE • VOMITING • DIARRHEA



Consult your doctor if your child has stomachache which is persistent or severe enough to limit his activity.

If vomiting occurs from sickness, keep your child home until he can keep his food down for 24 hours.

A child with diarrhea (3 or more watery stools in 24 hours) should be kept home for 24 hours after last watery stool.

Call your doctor if prompt improvement does not occur.

IMMUNIZATIONS

Has your child been protected against contagious diseases? As a parent, it is your responsibility to keep accurate records of your child's immunizations.

More information about immunizations and immunization schedules can be obtained from the school nurse. Please provide a copy of any new immunizations your child receives for the School Nurse.



The nurses are here to support your child's health and well-being while attending TIS. Should you have any questions or concerns please visit us, or contact us by phone or email. It is our pleasure to serve you and your family.

MEDICATION

Phone: 8371 0900, ext. 319

If your child needs medication during the school day (regularly, temporary or as needed), please fill out our *Medication Administration Permission* form.



You can download this from the school's website:

https://cdischina.com/en/community/nurse/health-clinic-services/Med%20Admin%20Permission%20Form_Final.pdf

or ask the Nurse for a copy. Please send the medication and the signed form with your child to school.

ABSENCE

If your child is absent due to illness, please tell the reason to the assistant to the divisional principal. This helps us to get an idea of contagious diseases going around in the school community.

IN SUMMARY

Of course, when in doubt it is always best to seek the advice of your primary care physician who can direct the most appropriate care for your child.