



Dear Parents and Guardians,

This is a polite reminder regarding the importance of maintaining a healthy environment for all students, particularly in preventing cross-infection. Illnesses can spread quickly, especially when children share toys and other school materials.

Please take note of the following guidelines to help us keep everyone safe:

**Fever:**

If your child has a fever, they should stay home for at least 24 hours and return only when they are fever-free. Avoid giving fever-reducing medication (antipyretics) right before dropping off your child, as this may temporarily mask the symptoms, and the fever may return within hours. It's crucial to observe and assess the triggers for the fever, as these can vary from child to child.

**Diarrhoea:**

If your child has diarrhoea, please keep them home until they are symptom-free. Diarrhea can be caused by various factors, including viruses (Adenovirus, Rotavirus, and Norovirus), allergies, food poisoning, and infections like Salmonella. We recommend that your child be evaluated by a paediatrician and that they return to school only with a doctor's note or when symptoms have resolved.

**Vomiting:**

If your child vomits, they should stay home for at least 24 hours after the last instance of vomiting before returning to school.

**Eye Infections:**

Eye infections can be allergic, bacterial, or viral. Only a paediatrician or ophthalmologist can confirm the cause and recommend the appropriate treatment. If your child has an eye infection, they should return to school only with a doctor's note. In some cases, children must wait at least 24 hours after starting treatment before returning to class.

**Flu Symptoms:**

Common flu symptoms include a runny nose (either watery or greenish, indicating infection), coughing, sneezing, and fever. If your child has more than three of these symptoms, please have them checked by a healthcare professional.

**Emergency Contact Information:**

We ask all parents to keep their contact information up to date, especially in cases where there are changes in caregivers or emergency contacts. In emergencies, we may need to reach someone quickly, and delays could be detrimental to your child's health and well-being. This is especially important if both parents are out of town.

**Medication:**

If your child is taking any medications, please bring the medications to the nurse's station or, if your child uses the bus, hand the medications to the bus conductor. It is also important to inform your child's group teacher of any ongoing treatments.



**Reporting Communicable Diseases:**

If your child has been diagnosed with any communicable disease, please inform the school immediately so we can take appropriate measures to prevent further spread. This includes conditions such as head lice, Adenovirus, rotavirus, measles, chickenpox, hand-foot-and-mouth disease, or any other contagious illnesses. Your cooperation in promptly reporting these situations is vital in maintaining the health and safety of our school community.

Please do not hesitate to contact [nurse@germanschool.co.ke](mailto:nurse@germanschool.co.ke) or [0722766339](tel:0722766339) if you have any questions or need further clarification.

Thank you for your cooperation and understanding in maintaining a healthy and safe school environment for all our children.