

PODAR INTERNATIONAL SCHOOL, MYSURU

Circular to Grade 1 to 5

Date: 29 May 2025

Subject: Guidelines for Children's Health and Contagious Diseases

Dear Parents,

We would like to bring to your attention the school's Standard Operating Procedure (SOP) for children suffering from contagious diseases. Your cooperation in adhering to these guidelines is greatly appreciated.

- Children with communicable diseases must not attend school.
- If a staff member suspects a child has an infectious or contagious disease, the child will be excluded from classes for a specified period. Please consult a doctor before sending your child back to school.
- Children with rashes, vomiting, diarrhea, or raised temperatures should stay home. For rashes, please consult a doctor or practice nurse before sending your child to school.
- Children with vomiting and diarrhea can return 48 hours after symptoms disappear.
- Minor coughs and colds are acceptable, but if accompanied by fever, shivers, or drowsiness, please keep your child home.
- Children with severe headaches, sore throats with fever, or other concerning symptoms should stay home and consult a doctor.
- If your child has been diagnosed with a communicable illness, please keep them home until the quarantine period is over. A fitness certificate from a general physician is required before returning to class.
- Additionally, keep your child home if they experience:
 - Wheezing or shortness of breath
 - Yellow or green eye discharge

Thank you for the co-operation rendered.

Regards,



Principal