

# PODAR INTERNATIONAL SCHOOL, HEBBAL, MYSURU

Circular to Grade 1 to 10

Date: 11 June 2024

## Sub: Children's Health and Contagious Disease

Dear Parents,

We would like to bring to your kind notice the standing operating procedure (SOP) followed in the school in case of children suffering from contagious diseases. You are requested to adhere to the below mentioned procedure and cooperate with the school.

- We recommend that no child may attend the school while suffering from any of the communicable diseases.
- If a member of staff suspects that a child has an infectious or contagious disease, then such children with infectious or contagious diseases will be excluded for certain periods of regular classes. Parents are advised to consult a doctor before sending the child back to school.
- Rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions must not attend the school. If your child has a rash, check with your doctor or practice nurse before sending them to school.
- Children with vomiting and diarrhea must be kept off school. They can return 48 hours after their symptoms disappear.
- A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child must stay at home.
- If your child has a raised temperature, they should be made to stay at home and must not attend the school.
- A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep the child at home and consult a doctor.
- **Sore throat:** A sore throat alone doesn't have to keep a child away from the school. If it's accompanied by a raised temperature, the child must stay at home.
- If your child has been diagnosed with any of the communicable illnesses, please avoid sending your child to school until the quarantine period is over. Before the resumption of studies begin, a fitness certificate issued by a general physician has to be produced to the school nurse who will also examine the child before allowing them to return to class.
- Also let the child stay at home if he/she has the following
  - Wheezing or get short of breath.
  - Yellow or green drainage from the eye(s).

Thank you for the co-operation rendered.

Regards,



Principal