

## PREVENTING INFECTIONS and ILLNESS

4 IMPORTANT REMINDERS



Infections are part of the child's normal development, allowing the body's defences to be activated which eventually improves the immune system. Most of these infections are mild, produced by viruses or bacteria. Respiratory infections; colds, sore throats and bronchitis can be produced by inhaling contaminated droplets from the air or through contact with organic liquids on to the hands. Other infections are spread primarily by direct contact of the contagion; conjunctivitis, hand-foot-mouth disease, scabies, measles, diarrhea. Sometimes it is difficult to control the spread of infections because the contagious period occurred days before the first symptoms manifested. Younger children are at greater risk of contagion due to their immunological immaturity, their 'poor hygienic habits' and the higher frequency of interactions with others.

At present there is no official document available which outlines the infections, viruses or diseases requiring temporary school exclusion. **Consulting with the doctor** in the event of a child having symptoms of illness is in the interests of everyone. It ensures the well-being of the child with symptoms and helps prevent the spread of infectious-contagious diseases to others.

We recommend following these 4 basic rules.

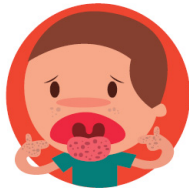
### 1. WHEN IN DOUBT: CHECK WITH THE DOCTOR

If your child has any symptoms, you should always go to the doctor or paediatrician as soon as possible, prior to taking him/her to school. Avoid self-medication and do not administer antipyretics to the child before taking them to school. We understand that it is difficult to combine leaving the child at home with other obligations, but frequently their condition worsens and in addition it also puts other children's health at risk.

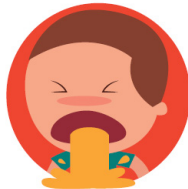
Always tell your school nurse if your child has any of these symptoms:



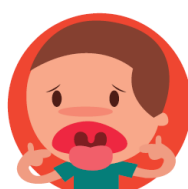
FEVER + 37°



SPOTS, GRAINS OR ERUPTIONS



VOMITING OR DIARRHEA



SORE THROAT



HEADACHE AND DIZZINESS



RED, ITCHY OR LEGACY EYES

Always tell your school nurse if your child has any of these symptoms:

### 2. NO FEVER FOR 24 hours:

As a general rule, if your child is already being treated for a disease but no longer has a fever during a period of 24 hours (without antipyretics) he/she may be able to go back to school. However each disease has its own recommended isolation periods, so it is necessary to follow your doctor's guidelines or refer to this [link](#) on "Infectious processes and periods of exclusion from school" from APE.



### 3. VACCINATIONS UP TO DATE:

Children and their caregivers should be up-to-date with their vaccinations. It is the best way to prevent infectious-contagious diseases. Keep the nursing service informed if your child is not vaccinated, because in the event of an outbreak we would like to inform you as quickly as possible. In this [link](#) you can view the vaccination CALENDAR in your CC.AA.

### 4. HYGIENE (HANDS, TOYS and ENVIRONMENT):

is undoubtedly the most important factor to avoid contracting an illness whilst at school. The Use of disposable tissues for cleaning the nose, coughing or sneezing into the elbow and above all encouraging and enforcing healthy hand washing habits in children will help prevent the spread of illness. Not to mention the benefits of reinforcing from a young age healthy behaviours that will become part of the daily routine as they grow.

