



TRANBY COLLEGE

Message from the Wellbeing Centre

When to keep sick children home from school.

Deciding when to keep a sick child home from school is not always easy. It is important for children to attend school and for some parents staying home means missing work. However, when a child is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading illness to others.

The following information regarding some common conditions may help you decide when to keep your child home:

COVID-19

Testing for COVID-19 remains an important step in keeping our more vulnerable community members safe.

It is important to note that **students who have tested positive to COVID-19 cannot attend school**, for their entire isolation period (*which at this time is a minimum of 7 days in isolation*), even if the student tests negative during this time. This is a government requirement and will be enforced by the College.

If your child is a close contact and does not have symptoms, they must return daily negative RAT tests to leave isolation and attend school, and must also wear a mask when outside their home (usual exemptions apply), as per the [testing and isolation protocols](#).

Close contacts who have symptoms should not attend school.

For more information on testing and isolation requirements, go to the [HealthyWA](#) website.

COMMON COLD

The common cold is a contagious upper respiratory infection and is a frequent childhood illness. Symptoms can last 7-14 days. As the symptoms of a common cold and COVID-19 are similar, any child showing symptoms must be kept home until they have recovered.

FLU (INFLUENZA)

The flu is a highly contagious respiratory illness caused by influenza viruses and can cause mild to severe illness. A person with influenza can be contagious up to one week after symptoms appear and children are one of the biggest sources of spreading the virus. A child with a flu like illness including fever and/or cough should stay home from school.

FEVER

Fevers are a common symptom of viral and bacterial infections and children are likely to be contagious when they have a fever. Please do not give a child fever reducing medication and then send them to school, the medication will wear off and the fever will likely return. A child with a fever should not attend school until they have been fever free for 24 hours without the use of fever reducing medication.

DIARRHOEA/VOMITING

Children who have vomited or had diarrhoea should not attend school until they have been symptom free for 24 hours.

HEAD LICE

Head lice are tiny insects that live and lay eggs in people's hair; they do not cause illness or carry disease. They spread by head-to-head contact and an itchy scalp is the most common symptom. A child with head lice should not attend school until treatment has commenced and all live lice have been removed.

IMPETIGO/SCHOOL SORES

Impetigo or school sores is a contagious bacterial skin infection that usually begins with small fluid filled blisters that burst and form a crust on the skin. A child diagnosed with impetigo should not attend school until 24 hours after starting antibiotic treatment, which is when the infection is no longer contagious.

CONJUNCTIVITIS

Conjunctivitis is caused by several types of bacteria and viruses and is a common infectious disease of one or both eyes. The eye appears red and feels irritated and may be weeping. A child with diagnosed conjunctivitis should not attend school until they are fully recovered.

REMINDE YOUR CHILD OF THESE HEALTHY HABITS TO STAY WELL AND HELP PREVENT THE SPREADING OF GERMS

- Wash your hands often with soap and water, especially after coughing, sneezing or blowing your nose.
- Avoid touching your eyes, nose or mouth to help prevent the spread of viruses.
- Don't share food, drinks or utensils that may be contaminated with germs.
- Try to avoid close contact with sick people.
- Cover your nose and mouth with a tissue when you cough or sneeze, throw the tissue away and wash your hands.
- Cough or sneeze into your elbow or sleeve instead of your hands if you don't have a tissue.
- Stay home if you are sick.

Thank you for your support.

Zoe Finch

Wellbeing Officer