



## Parent Information – Exclusion from School

Preventing and controlling the spread of communicable disease requires considerable cooperation between the school, parents, student and medical provider. To maintain consistency of care, the following procedures are followed.

### IMMUNIZATION REQUIREMENTS

To control and prevent the spread of communicable disease, UNIS Hanoi requires all students to follow the Centers for Disease Control and Prevention Immunization guidelines. See the CDC Guidelines [here](#).

### FEVER

Fever is a physiological response to inflammation of an infection which probably helps the body's defense mechanism. Fever is the body's responses to illness or injury, but it can also be a result of heat exposure. Fever is not always a cause for alarm, but sometimes it is a sign of a serious problem.

Note: An oral temperature of 38° Celsius or 100.4 Fahrenheit or higher is considered a fever.

**Exclusion:** All students/teachers presenting to the School Health Centre with a fever will be required to go home and not return for 24hrs after the last normal temperature (without taken any oral medication to reduce the fever). If no fever; but appears unwell the person is to remain at home until better.

### CHICKEN POX (VARICELLA)

An acute, highly contagious, generalized viral disease that is caused by the zoster virus. Transmission occurs through contact with respiratory droplets/secretions and direct contact. Varicella is vaccine preventable.

**Exclusion:** Exclude from school until all lesions are scabbed over and dry (5-7 days: longer if required to ensure all blisters are crusted over).

### COMMON COLD

A viral infection of the upper respiratory tract that affects the nose and throat.

**Exclusion:** Exclude from School if fever (38 or >) or severe cough. Student to remain home until fever free for 24 hours without the use of fever reducing medication.

## FLU

A group of respiratory viruses affecting the nose, throat and bronchial tubes and lungs.

**Exclusion:** Exclude from school if fever (38 or >) or severe cough. Stay home from school/work when sick. Prompt identification of flu will limit the transmission. Return to school when fever free for 24 hours, without the use of fever reducers.

## CONJUNCTIVITIS/PINK EYE

Inflammation / and or Infection of the conjunctiva (mucous membrane lining the eye, caused by allergens, irritants (e.g., foreign object, dust, smoke), bacterial (staphylococcal, streptococcal) or viral infections.

**Exclusion:** The School Health Centre may not exclude those whose conjunctivitis is mild or associated with a cold or allergy. For cases considered to be viral or bacterial then the School Health Centre will refer to Medical Doctor for further evaluation.

Findings that help to differentiate cause of Conjunctivitis / Pink eye:

- **Allergic:** discharge remains watery; bilateral
- **Bacterial:** The common meaning of “pink eye”: purulent drainage which is usually thick. Yellow to greenish in color with possible crusting during sleep; Pink eye usually begins in one eye and is spread to the other. This is contagious.
- **Viral:** Usually less severe, watery discharge but may be thick and white to pale yellow; May lasts 3-5 days. Most often in both eyes. This is contagious.

All three may occur with the common cold.

## DIARRHEA:

Acute diarrhea is an increase in the number of stools. Severe diarrhea is watery, may be green and/ or contain mucous or blood.

**Exclusion:** Although many cases of diarrhea are not caused by an infectious disease, UNIS Hanoi requirement calls for exclusion of the student/staff member from school until 24 hours after the last episode of diarrhea that has not required medications to stop it.

## IMPETIGO/SCHOOL SORES:

Impetigo is a highly contagious skin infection characterized by eruptions caused by strep or staph. Usually appears as red bumps that form on the face, particularly around the nose and mouth or extremities. The red bumps fill with pus, break open and form a honey-colored crust. The lesions are usually itchy, but not painful. Symptoms usually begin 1-3 days after exposure for Streptococcus and 4-10 days for Staphylococcus.

**Exclusion:** A person that is untreated can spread the bacteria for as long as drainage occurs from lesions. Infected people do not transmit the infection 24 hours after commencing antibiotic treatment. **Parents should keep children home until 24 hours after commencing topical or oral antibiotic therapy.**

## HEAD LICE

Head lice are parasitic insects, which live on the human scalp, feed on human blood. Humans are their only host.

**Exclusion:** If a student is identified with head lice, the parent will be contacted. Head Lice treatment must commence prior to returning to school. Student's may be re-evaluated for effectiveness of treatment prior to re-entering the classroom and may be sent home if live lice still exist. The discovery of nits/eggs will not cause the student to be sent home from school or to be isolated at school.

Classroom parents will be alerted by email when a case of head-lice has been identified. To prevent school/classroom infestations, it is the responsibility of the parents to check the heads of each family member and treat any infestations identified. To prevent the spread of head lice within the UNIS community, please notify the School Health Center when head lice is identified.

**References:** American Academy of Pediatrics, NASN (National Association of School Nurses), CDC (Centre for Disease Control and Prevention) and Harvard School of Public Health.

## MUMPS

Mumps is a systemic disease characterized by swelling of one or more of the salivary glands, usually the parotid glands.

**Exclusion:** Infected student should be excluded for 5 days from the onset of parotid gland swelling.

## RINGWORM- TINEA

Ringworm is caused by a fungus which can affect the skin on the body.

Tinea Corporis: Ringworm of the body

Tinea capitis: ringworm of the scalp

Tinea cruris: ringworm of the groin area (also called jock itch)

Tinea pedis: Ringworm of the feet (also called athlete's foot)

Onychomycosis: Ringworm of the nails

Students/staff will be referred to Medical Doctor for further evaluation and/or treatment.

**Exclusion:**

- Students with ringworm of the scalp who receive treatment may attend school and participate in their usual activities.
- Students /staff with ringworm of the groin, body, and feet should not be excluded before initiation of treatment. Affected areas should remain covered until treatment has been initiated.
- Students with tinea of the feet should be excluded from the swimming pools, and from walking barefoot on locker room and shower floor until treatment has been initiated.
- Students with tinea capitis should be instructed not to share combs, hats, hair ribbons or brushes.

**SORE THROAT** (Including streptococcal Infection)

Pharyngitis often caused by a virus (including influenza or common cold) or bacterial (streptococcus) infection, and/or irritation (air pollution, allergens, sinus drainage)

**Exclusion:** Stay at home until 24 hours of antibiotics and fever free. For many students, 3-5 days absence may be required.

PE return – full activity upon return to school if uncomplicated; may have ordered limitations.

**VOMITING:**

Vomiting may be related to many causes.

**Exclusion:** Stay at home until 24hrs after the last vomiting episode.

**REFERENCES:** *School Nurse Resource Manual: A guide to Practice, 2010.*

*CDC (Centre for Disease Control and Prevention) online access 2013. Communicable Diseases Guidelines, for teachers, child care workers, local government authorities and medical practitioners. (2012 Edition)*

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