

杭州市萧山区惠立学校健康守则

由于疾病症状的多样性，对何时应该让学生留在家中休息做出判断相对困难。校方不希望任何学生因为不必要的理由缺勤缺课，但必须保证身体不适的学生得到足够的休息以利于早日康复，同时也必须保证其他在校学生免于被传染的可能。

校方提供的下列信息将会帮助您判断何时需要留孩子在家中休息，同时也明确何种情况下您的孩子需要被接回家。只有严格遵守惠立学校健康守则，才能保证在校学生的健康安全。这不仅有益于您孩子的健康，也有益于惠立学校所有成员的健康。为了避免您不必要的往返奔波，请仔细阅读并遵守下列规则。如果您不确定需要采取何种做法，请咨询医生或学校护士。

发热

- 发热是人体对于疾病的自我保护，也是对感染的一种预警。多数传染性疾病的先驱症状就是发热。体温持续等于或超过 37.3°C 的学生不能留在学校。请您带您的孩子去医院就医，如果医生诊断为非传染性疾病，学生在**不使用退热剂的情况下，48 小时无发热才可返回学校，并将医生诊断书面报告提交给医务室。**
- 如果学生于当天上课期间出现发热而提前回家，第二天和第三天必须留在家中休息。
- 接种疫苗可能会导致发热（不超过 38.5°C）。请您在您的孩子接种疫苗之后，及时向学校医务室更新疫苗记录，有助于学校护士判断您的孩子是否需要离校。

呼吸道症状（咳嗽、鼻塞流涕、咽痛）

- 如果学生的症状轻微且无其他不适，不影响日常生活和学习，可以来学校上课。
- 如果学生的症状严重，如频繁剧烈的咳嗽，则应留在家中休息。
- 如果学生仅有轻度咽部疼痛且无其他症状，可以来学校上课。若咽痛且伴有咽部白色斑点或口腔红疹或灰白色斑点，则需立即就医，不可留在学校。

消化道症状（腹痛、呕吐、腹泻）

- 如果学生有严重、持续性的腹部疼痛，以致影响日常活动，则需就医或留在家中休息。

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- 如果学生发生呕吐现象，需要留在家中休息，直到学生饮食正常并且**自最后一次呕吐发生后至少 24 小时**方可回学校上课。
- 有腹泻症状的学生不能留在学校，请带您的孩子去医院就医，如果医生诊断为非传染性疾病，直到您的孩子饮食正常并且**腹泻症状消失 24 小时**后方可回学校上课，并向医务室提交医生诊断的书面报告。
- 反复腹泻且无其他感染症状可能由食物不耐受导致，请咨询医生。

皮疹

- 多数儿童常见传染病都会引发皮疹，如麻疹、水痘、手足口病等。如果您孩子的皮疹症状疑似传染性疾病，请立即就医。凭**医院开具的健康证明或明确诊断**方可返校上课。
- 如果您的孩子患有湿疹或过敏性皮疹，请及时告知医务室相关情况，并提交医疗诊断的书面文件。

疼痛

- 头痛——头痛轻微的学生可以来学校上课。请鼓励学生多喝水并保证充足的睡眠。若头痛频繁且剧烈，请带您的孩子就医。
- 牙痛——请咨询牙科医生。
- 耳痛——由于儿童的咽鼓管较短，长时间的咳嗽易导致中耳炎。如果您的孩子有持续耳痛的症状，请及时去五官科就诊。
- 眼部疼痛——请咨询眼科医生。

结膜炎症状

- 眼部发红、疼痛、瘙痒、畏光、流泪伴有分泌物。上述症状具有高度传染性，需立即就医。

如果学生在校期间出现症状，学校护士将结合学生的其他状况如精神状态、食欲、自我感觉等方面综合判断学生是否需要离校。如果学生需要回家休息或去医院就诊，学校工作人员会致电您并说明相关情况。请您保持手机畅通。



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如果您的孩子当日因病缺勤，请通知学校并告知缺勤原因和具体症状。如果已就医，请将医疗诊断记录书面文件提交给学校医务室。

如果您的孩子于在校期间出现疑似传染性疾病的症状，请将孩子立即接回家中休息或去医院就诊，返校指征请以学校医务室的判定为准。

感谢您的理解与配合！如果您还有进一步的问题，请咨询学校护士。

杭州市萧山区惠立学校医务室

电话：+86-0571-82396394 (7:30-16:30)

邮箱：nurse.hsh@huilieducation.cn

杭州市萧山区惠立学校寄宿学院医务室

电话：+86-0571-82396396 (16:30-21:00)

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HSH Health Guidelines

Deciding when to keep a child home from school due to illness is often difficult to do. We do not want our children to miss school without a good cause, but we also must provide the rest needed for them to get better, while at the same time protecting the rest of the community from falling ill as well.

The following information is to serve as a guide for you to decide when to keep your child home, as well as to outline conditions for which your child will be sent home from school. Strict adherence to the HSH Health Guideline is the only way to ensure the safety of our students at school. This is meant to benefit your child and the HSH community's health and wellbeing. To avoid unnecessary round trips, please read carefully and follow the rules below. If you are unsure of what step to take, please consult your doctor or school nurse.

Fever

- Fever is the body's way of protecting itself from disease, and a valuable alert of infection. Most contagious diseases start with a fever. No child with a persistent temperature equal to or above 37.3°C will be sent to school. Please take your child to see the doctor. If the diagnosis is a non-contagious disease, the child will be kept **home until fever free for 48 hours, without the use of fever-reducing medicine. The medical documents with diagnosis should be provided to clinic when the child is back to school.**
- If a child is sent home with a fever during school hours, he/she cannot back to school until he/she is kept at home for two days.
- Vaccination may lead to a fever (equal to or below 38.5°C). Please update the vaccination records to the school clinic when your child has been vaccinated, which is helpful to judge if it is necessary to send your child home.

Respiratory symptoms (Cough, Runny nose, Sore throat)

- A child with mild symptoms, but otherwise feeling well and not affected in their daily life, may go to school. No wearing mask in school.
- A child with heavy symptoms, such as a hacking or productive cough, should be kept at home.
- A child complaining of a mild sore throat without other symptoms may go to school. If white spots can be seen on the throat or there are red or bluish white spots on their oral mucosa, the child cannot stay in school. Please see doctor immediately.

Alimentary symptoms (Stomachache, Vomiting, Diarrhea)

- Consult your doctor or keep your child at home if he/she has a stomachache or abdominal pains which are persistent or severe enough to limit his/her activity.
- If vomiting occurs, keep your child at home until he/she can keep food down and **until 24 hours after the last vomiting episode.**
- A child with diarrhea should not come to school. Please take your child to see the

doctor. If the diagnosis is a non-contagious disease, the child will be kept **home until diarrhea free for 24 hours and eating normally. The medical documents with diagnosis should be provided to the clinic when the child is back to school.**

- Frequent diarrhea without infectious signs may be caused by food intolerance. Please consult your doctor.

Rash

- There are many common childhood illnesses associated with a rash (i.e. measles, chicken pox, hand, foot, and mouth disease; etc.). If your child has a suspicious rash, please go to the hospital immediately. He/she can be back school with a **health certificate or clarified diagnosis.**
- If your child has eczema or allergic rashes, please inform the school clinic in advance and provide relevant medical documents.

Pain

- Headache – a child whose only complaint is a minor headache usually need not be kept home. Encourage your child to drink plenty of fluids and ensure he/she is getting a proper amount of sleep each night. For frequent or heavy headaches, you need to consult doctor.
- Toothache – contact your dentist
- Earache – as the children’s auditory tube is shorter, persistent coughing may lead to otitis media. Please contact ENT.
- Eye ache – contact your oculist.

Conjunctivitis Symptoms

- Eye redness, pain, itching, sensitivity to bright light and increased drainage. It is very contagious. Please visit the doctor as soon as possible.

If a pupil develops symptoms during school time, the school nurse will make an assessment including other aspects such as mental state, appetite, self-feeling etc. to judge if the pupil needs to leave school. Please keep your phone available in case the school staff need to contact you for taking your child to home or hospital.

If your child is out of school on a specific day for illness, please inform the school on the absent reason with clear symptoms/signs. If your child has visited doctor, please provide the medical documents to school clinic.

If your child develops suspicious symptoms during school time, please take him/her back to home or hospital. Please contact the school nurse about when your child can be back to school.

Thank you for your understanding and cooperation. If you have further questions, please contact the school nurse.



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