مدرستنا الثانوية الإنجليزية ، الشارقة - بنات
Our Own English High School, Sharjah-Girls

GEMS EDUCATION

Stay at Home if Unwell Policy

Implemented : April 2023

Reviewed : May 2026

Next Review : May 2027

Compiled by : Medical Team/MSO/SLT

Approved by: Ms. Asma Gilani, Principal & CEO

Purpose:
The health and well-being of our students, faculty, and staff are of utmost importance. To ensure a safe and healthy environment within our school community, this policy outlines guidelines for students, faculty, and staff to stay at home if experiencing any signs of illness.

Policy:

Symptom Awareness:

All members of the school community (students, faculty, and staff) are encouraged to familiarize themselves with common symptoms of illness, especially those associated with contagious diseases or viruses.

Responsibility of Students and Parents/Guardians:

- Parents/guardians are responsible for assessing their child's health each morning before sending them to school.
- If a student exhibits any signs of illness (especially if suffering from **Respiratory Tract Infection or Gastro-Intestinal symptoms, (Fever, Runny nose, Fatigue, Headaches, Throat Pain, Cough, Body Pain, Severe Stomach Pain and Vomiting etc)**), parents/guardians are required to keep the student at home and inform the school about the absence and symptoms.
- Parents are advised not to **give any medication** that would mask the child's symptoms **(EG. Adol, cough syrup, Dompy)** especially **without a prescription** from a licensed medical practitioner. This would not only be dangerous for the child but it would prevent the medical team from making the right assessment of the child and would lead to a risk of improper medical care.
- **If a student becomes symptomatic during school hours,** the parent/guardian needs to come to the school and pick the child if requested by the school medical department. The student will be permitted back to school upon submission of a medical letter from a licensed medical practitioner.
- If a student has been infected with an infectious disease/ condition or has been in contact with a person infected with namely **influenza, chickenpox, conjunctivitis, impetigo, diarrheal illness, etc**, the student must not be sent to school and will only be permitted back to school upon submission of a medical fitness letter from a licensed medical practitioner.
- Practice safe practices, namely frequent good hand hygiene, cough etiquette and social distancing when possible. Use of face mask is optional.

Responsibility of Faculty and Staff:

- Staff members are expected to self-assess their health condition regularly.
- Any faculty or staff member experiencing symptoms of illness should refrain from coming to the school premises, notify their supervisor, and follow relevant sick leave policies.

Return to School/Work:

- Students, faculty, or staff who have been ill should only return to school/work after they have been symptom-free for a minimum of 24 hours without the use of fever-reducing medications.
- A doctor's note or clearance may be required for the return, especially if the illness was severe or contagious.

Remote Learning/Work Options:

- Students who are unwell for an extended duration but able to participate in remote learning should do so to continue their education while recuperating.
- Faculty or staff members who have extended health related mobility issues(e.g. fracture of leg), but have volunteered to work remotely may do so.

Health and Safety Measures:

- The school will maintain hygiene and safety protocols, including regular cleaning, promoting hand hygiene, mask-wearing if required, and maintaining social distancing to reduce the spread of illness.

This "Stay at Home if Unwell" policy aims to create a healthy and safe environment within the school premises by encouraging individuals to prioritize their health and well-being while minimizing the risk of spreading illnesses among the school community.