

Health Office Fact Sheet



Health Advice – When to keep your child off school

Young children may be exposed to a variety of illnesses, which results in time away from school.

This can lead to frustration for many parents and the most frequently asked question is **'when should I send my child to school and when should I keep them at home.'**

Below are JESS guidelines which parents may find useful.

General Guidelines

- When children have a temperature higher than 37.7C. This is a rule used because fever is a sign of potentially contagious infection. Please keep your child home until he has been fever-free for 24 hours, without the use of medications such as Calpol or Ibuprofen.
- When the child has gastroenteritis. They should remain at home until 48 hours after the last episode of diarrhoea or vomiting.
- When they have a known contagious infection, such as chicken pox, strep throat or conjunctivitis, etc.
- Children taking antibiotics for contagious bacterial infections should be kept at home until they have taken medicine for two - three days.
- When the child has a heavy cold, with runny nose and persistent cough.
- If they are unable to participate in normal everyday activities, such as PE or outdoor play.

If your child is on antibiotics and returning to school, please inform the class teacher and nurse as this allows the staff to be on the lookout for side-effects, such as nausea, diarrhoea and fatigue. The more information we have from the parent, the easier it is to provide the best care.

When in doubt about your child's health please contact the Health Office. Our experienced nursing team will advise as to your child's level of fitness for school.

A safe, healthy environment is our main priority for all children attending JESS and we appreciate the support of all parents in helping to achieve this.

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From the JESS Health Office