



## A MESSAGE FROM THE COLLEGE NURSE

**Over the last 2 years our focus has been on COVID however as we begin to circulate more in the community again, the incidence of influenza and colds is increasing.** So, whilst a child may test negative to COVID, if they have a sore throat, cough, runny nose, temperature, vomiting or diarrhoea they must stay home until the symptoms have resolved. In the instance of vomiting and diarrhoea, this requires the student to remain at home until they have been asymptomatic for 24 hrs.

The need for absence from College and the length of time a person needs to be away depends on how easily the infection can spread, how long the person is likely to be infectious and how severe the disease can be. It is also influenced by whether the student is able to focus in class and perform at a normal level and if the condition is disruptive to the Teacher and other Students in the classroom. To protect the health of children and staff within the College, it is important that children and staff who are ill are kept away from the College for the recommended period.

Asthmatics who have had a sleepless night or persistent cough or wheeze that requires Ventolin more often than every 4 hrs should be kept at home until their Asthma Flare up has resolved.

Please also remind your Children that their best defence against becoming unwell, is to practise good hand hygiene. To wash their hands regularly and use the hand sanitisers. And to cover their mouth and nose when coughing and sneezing and to dispose of used tissues immediately.

Senior students who are absent on the day prior or on the day an assessment task is due, must visit a GP and get an Illness/Misadventure form completed.

Thank you for partnering with us in the care of our child/ren.

**Mrs Karen Tindall**

College Nurse

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