Keeping Our School Community Healthy

The Ministry of Education and Child Care, in collaboration with the BC Centre for Disease Control (BCCDC), reminds families of the following important health guidelines to help reduce the spread of illness in schools.

Daily Health Awareness

Families are encouraged to perform a daily health check before sending children to school. **Students should stay home if they are sick or unable to participate fully in regular school activities.**

When to Keep Your Child at Home

Please keep your child at home if they have symptoms such as:

- Fever
- Persistent coughing, sneezing, or congestion
- Nausea, vomiting, or dizziness
- Diarrhea
- **Any illness that prevents them from participating in normal classroom activities**

Students experiencing symptoms of respiratory illness should remain at home until they are well enough to participate in regular activities or otherwise advised by a healthcare provider. Students experiencing **nausea, vomiting, or dizziness** should remain at home for **at least 24 hours** after symptoms stop.

Students must be fever-free for at least 24 hours before returning to school without the use of fever-reducing medication.

Example: If your child has a fever on Wednesday, they should remain home on Thursday and may return on Friday if they are feeling well.

If Someone in Your Household is Sick

Students may still attend school if someone in their household is sick, **provided they do not have symptoms themselves and feel well enough to participate in school activities.**

If a Student Becomes Sick at School

If a student becomes unwell during the school day:

- The student will wait in the school office.
- Parents or guardians will be contacted and asked to pick up their child as soon as possible.
- Custodial staff will clean and disinfect any areas used by the student.

Hand Hygiene

Frequent handwashing is one of the most effective ways to prevent illness.

- Wash hands often using soap and water.
- When soap and water are not available, use hand sanitizer containing at least 60% alcohol.
- If hands are visibly dirty, soap and water are preferred over hand sanitizer.

Students should wash hands:

- Before eating
- After coughing or sneezing
- After using the washroom
- When returning home from school

Respiratory Etiquette

Students are encouraged to:

- Cough or sneeze into their elbow or a tissue
- Dispose of tissues immediately and wash hands afterward
- Avoid touching their eyes, nose, or mouth with unwashed hands
- Avoid sharing food, drinks, or utensils

Tips for Staying Healthy

1. **Start the day with a healthy meal.** Nutritious meals help children focus and support a strong immune system.
2. **Ensure plenty of rest.** A good night's sleep strengthens the immune system and helps fight off sickness.
3. **Practice good handwashing.** Encourage children to wash their hands for at least 20 seconds—before eating, after coughing or sneezing, and when returning from school.
4. **Promote good hygiene habits.** Teach your child to cover coughs and sneezes with their elbow and to wash their hands afterward.
5. **Avoid touching the face.** Remind children not to touch their eyes, nose, or mouth, as germs can spread easily this way.
6. **Sanitize high-touch areas.** Regularly disinfect doorknobs, light switches, bathroom fixtures, and other common surfaces.

When to Seek Advice

If you are unsure whether your child should attend school, families can:

- Contact their healthcare provider
- Call HealthLink BC at 8-1-1 for medical advice

Please notify the school office if your child will be absent due to illness.

Thank you for your continued support in helping keep our school community healthy and safe.