

# CHRISTCHURCH RUDOLF STEINER SCHOOL PROCEDURES

## School Management

### NAG 5 Policy: Health & Safety

#### 4.5 Procedure: **FLU PROTOCOLS**

##### Parents

1. If your child has any flu symptoms keep them at home and see a doctor if they persist. Do not come to school
2. If your child comes home with the flu or you think your child may have infected a class, immediately contact your teacher or sponsor who will contact the class secretary. This will alert the whole class community to look out for symptoms.
3. Insist on a hands washing regime at home. The 20/20 rule should apply – 20 seconds washing, 20 seconds drying.
4. Eat healthily, have plenty of sleep, keep warm to keep the immune system strong.

##### Teachers

If a child shows flu symptoms in class send them to the office, Admin staff will contact the parents to take them home. If the parents cannot come for them, they will stay in the healing room. (Send work with them if needed).

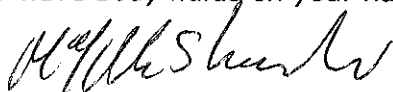
If a student with flu has been in class and a parent rings concerned about the spread of flu, please contact your class secretary to alert the class community. Parents can choose what to do with this information. (an email tree is best – especially in preparation for a possible school closure)

Instruct and insist on the 20/20 hand washing and drying regime - 20 seconds washing, 20 seconds drying.

Encourage lots of sleep, eating well (don't walk and eat), dressing warmly. Teach healthy living.

*Keep shaking hands – a number of people have suggested stopping it – but then we shouldn't touch door handles, desk tops, chairs, banisters, tap tops. Encourage health not fear i.e. before you shake hands take steps to not have body fluids on your hands etc*

Signed



Date approved: 12 February 2014

Responsibility for administering this procedure: Management

Responsibility for review: Management

Date for review: February 2017