



THE HEALTH AND SAFETY REGULATIONS

HEALTH

Prevention and protection

We do our best to protect your child and take constant precautions to prevent the spread of any disease.

What are we doing?

Careful hand washing by staff and children can eliminate approximately 75% of the risk of spreading these illnesses. Other precautions include separating sick children from those who are well, taking extra precautions with diapered or toilet training children, and constantly working to maintain sanitary conditions.

How can you help?

You, the parents, can help us in our effort to keep your children healthy. If a child shows any of the symptoms listed in appendix II in the school, you will be called and asked to come and get your child. Please help us protect the other children by responding promptly. If the symptoms occur at home, either in the morning or the night before, we ask that you keep them out of school until the symptoms are gone or until your physician says it is all right to return.

We ask for your cooperation to make sure your child recovers the fastest possible and when returning to school he comes to a healthy environment.

Medications

In case of taking any medications, whenever it is possible, it should be taken at home. In case of medications should be taken in school we make sure the child gets it under with the utmost attention and care of his/her teacher. In order to do so we need a parent or guardian signed authorization or in some cases physician orders. The parent or guardian must transport medication to school.

Allergies and Chronic Conditions

We ask the parents to write and submit all information regarding allergies and chronic conditions to the child's teacher prior to the first day of class. If a child has an allergy or a condition that requires special attention, all the staff members are informed and a notice is posted in the kitchen and in each classroom- to make sure he/she gets the right attention.

Parents of children with food allergies are encouraged to help us by providing food to keep hand for their child's snacks in the event where is provided food that your child may not eat- labelled with the child's name and given to the teacher.

Emergency form

Each child must have a Child profile on file, along with a copy of his or her immunization record and copy of the health insurance card, by the first day of class.



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SAFETY

Accidents The safety of your children is paramount. It is the major duty of all participants in the school to help maintain a safe environment for the children. If, however, your child is injured while at International Countryside School, the staff will take all necessary steps to ensure that the child receives the appropriate treatment. Injuries requiring "in-house" treatment (minor scrapes, bumps, bruises) will be reported to parents both by telephone and by written accident report, a copy of which will remain on file in the office. In more serious cases, we will call for emergency services.

Please assist us by keeping your emergency contact information up to date in the school office.

All staff members have received basic first aid and CPR training.

Fire Emergency Procedures

No smoking is allowed in the school or on the terrace or playground area. There are smoke detectors in each class/ room in the whole school. Fire drills are practiced yearly according to established procedures.

Evacuation Procedure

In case of evacuation, all parents will be contacted by phone.

- 1) All the people will meet at the designated area by the emergency regulations in the parking area.
- 2) A count will be done by the principal or head teacher of all the children.
- 3) The children will then be brought to parents in the parking lot in front of the main gate.

THE SYMPTOMS THAT GIVE A REASON TO KEEP A CHILD AT HOME

- fever 100°F (37,1°C) orally: 101°F (37,6°C) rectally (or higher)
- severe coughing child gets red or blue in the face, child makes high pitched croupy or whooping sounds after the coughs
- difficult or rapid breathing especially in infants
- yellowish skin or eyes
- pinkeye tears, redness of eyelid lining, followed by swelling and discharge of pus
- unusual spots or rashes
- sore throat or trouble swallowing
- infected skin patches
- crusty, bright yellow, dry, or gummy areas of skin possibly accompanied by fever
- unusually dark, tea colored urine especially with a fever
- gray or white stool
- diarrhea
- headache and stiff neck
- vomiting
- severe itching of body or scalp or scratching of scalp

...or if your child appears cranky or less active than usual, cries more than usual, or just seems generally unwell at home, you are asked to keep your child home until he/she has been symptom free for 24 hours.

Thank You very much for your cooperation

In Prague.....

Client.....