



HEALTH NOTICE

HEALTH: If a child is admitted to the Sanatorium for a period in excess of 24 hours, parents will be informed by Sister. Medicines of any (including embrocation, and vitamin tablets), must be given to the Sister-in-Charge of the Sanatorium. **All prescribed medications must be accompanied by a medical advice form.** Any medical instructions should be relayed to the Sister, in writing, as should any special medical diets.

All children should be covered by a Medical Aid.

It is imperative that the school Sanatorium be informed should your child have been in a malarial area. Friday is the set day for all children taking malaria prophylaxis. Please will parents ensure that they, too, conform with Fridays when dosing children at home during the holidays.

No children who have been in contact with any infectious disease may return to school until permission for them to do so has been obtained from the school. Regulations regarding infectious diseases may be obtained from the Sister-in-Charge of the Sanatorium.

The school Doctor calls once a week at Ruzawi. However, he is on call, in case of emergencies. All pupils automatically become members of the Borradaile Hospital and Ambulance Scheme and the school is served by MARS.

IMPORTANT HEALTH MESSAGE:

1. Please make a point of seeing our Sanatorium Sister, (especially parents with children newly enrolled in the school) and more importantly, if your child has been in a malarial area during the school holidays – it is imperative we know details. Please ensure that any medicines handed in to the Sanatorium Sister have the child's name on them, the correct dosage and the name of the medicine, with a written explanation as to what it is for.
2. Children who are inclined to suffer from migraines, or whose performance is affected by old injuries or operations, should be accompanied by a letter from their doctor giving details of degree of disability and the recommended treatment to be given.
3. Please avoid conveying verbal instructions through your child on matters relating to health. Kindly put these in writing.
4. We would prefer that dental and other specialist appointments and bilharzia testing be done during fixture free weekends or during the school holidays, although treatment can be given at school if needs be. Likewise, we would prefer veruccas, warts, etc., to be attended to during the holidays.
5. Special Medicines: Parents must ensure any quantities of essential medication (required antihistamines, asthma puffers, Ritalin, etc) are not only supplied in sufficient volume to last for a whole term, but are also up-to-date in terms of shelf-life expiry.
6. Bee-sting Allergies: NB: Parents of children who are allergic to bee-stings, must inform the San Sister of the specific reaction which presents if and when the child is stung. This will assist greatly in the treatment to be administered.
7. Vitamins and Tonics: Both Sister and the School Doctor communicate concern about the multiplicity of vitamins purchased for children at Ruzawi. Sister will administer vitamins prescribed by a doctor. Parents wishing to put their children on a course of non-prescribed vitamins or tonics should first consult with Sister. No children may self-administer any

medicines, vitamins or tonics, etc; it is essential that all, and any, such substances be routed through the Sanatorium.

8. In Consulting a Second Opinion: The School Doctor, Dr. Martin, asks that parents follow the proper procedure when seeking a second opinion. They should advise him of their intention to do so, and get a referral note from him. Dr Martin is not prepared to treat children whose treatment has been prescribed by another Doctor without reference to him.
9. Infectious Diseases: The following rulings now relate to infectious diseases as to when a child may come back to school.
 - a) Measles: As soon as the child is well.
 - b) Chicken Pox: Seven days after no new blisters have appeared.
 - c) Mumps: As soon as the swelling has subsided and the child is well.
 - d) German Measles: Seven days from the onset of the rash.
10. Boosters: Will parents please ensure that all boosters are up to date (especially anti-tetanus) for all pupils, especially for those children coming in to Grade One. Parents should notify the San Sister as and when any boosters are administered.
11. Weekend Illness: if children become unwell when home over the weekend, the School would prefer that they be kept at home until they are better.