



# HEALTH & MEDICAL

Updated January 2026

# ALLERGY AWARENESS

## GUIDELINES AND PROCEDURES

Below are some guidelines which will assist parents, students and staff to maintain an awareness and protective measure regarding allergies.

- At the start of the school year, a letter will be sent to the whole year group if a student has a severe food allergy in the Primary years. This letter will ask parents not to send the particular food item to school that can cause the child a health risk, e.g. nuts, seafood, etc.;
- Students with high food risks will have their photo, allergy and its management strategy clearly displayed for the catering staff and for all AISHK staff.

Whilst we endeavour to ensure our menus with our provider are 'nut free', AISHK is 'food allergy aware' but not a nut free school, as this is impossible to guarantee, with traces of nut elements present in some foods.

The following information is based on guidelines produced by the NSW Department for Education and Training with the NSW Department of Health, the Australian Society of Clinical Immunology and Allergy and Anaphylaxis Australia.

### Sharing Lunches

- Regular discussions held with relevant classes about the importance of eating your own food and not sharing;
- Class have lunch in a specified area, which is a focus of supervision (it is not recommended that the allergic child be physically isolated from other children); and
- Parents should not send high-risk foods to school in the lunch box.

### The School Cafeteria

- Cafeteria staff informed of student/s with allergies and the foods to which they are allergic;
- Identification of high-risk foods and replacement with other nutritious foods; and
- Food preparation personnel educated about measures necessary to prevent cross contamination during the handling, preparation and serving of food.

### End of Year Class Parties

- Parents of the students at risk advised of the party ahead of time, so that they can provide suitable food; and
- Class members' parents informed of the high-risk foods relevant to that class, so that these foods are avoided.

### In the Classroom

- Teachers asked to avoid bringing high-risk foods to school;
- Awareness of craft materials that can cause risk e.g. egg cartons, milk containers, peanut butter jars;
- Choose recipes that don't contain high-risk ingredients for cooking lessons; and
- Class rewards to students are not given in the form of food items.

### On Camp

- If students with a severe allergy are participating, then high-risk food should not be taken or supplied (*consistent with the risk minimisation policy in the school cafeteria*); and
- Parents may need to supply their own food for their child whilst on camp as some camp sites do not provide alternate menus for students with allergies.

### General Issues

- Ideally, lunch for the allergic child should be prepared at home;
- Bottles, other drinks and lunch boxes should be clearly labelled with the name of the child for whom they are intended;
- Staff and students should wash their hands after eating; and
- The students with severe allergies should wear a medic alert bracelet.

NB. The school is '**free**' of no product. Such a guarantee cannot be given.

## BRINGING MEDICINE TO SCHOOL

If your child needs to bring medicine to school, you must follow the procedures outlined below:

- Bring only the dose needed for that day;
- Take the medicine to the School Nurse or a designated staff member. The School Nurse or staff member will supervise the administration of the correct dose of medicine at the correct time. The instructions must be in English and must explain the reason for the medicine, the dosage and the time of dosage. The medicine must also be clearly labelled with your child's name and class;
- All Chinese or herbal medicine must also have a doctor's prescription or written letter from parents accepting responsibility for the administration of these medicines. Written instructions must describe ingredients, dosage and time of administration;
- Asthma inhalers or EpiPen's are kept with the School Nurse. Secondary students, with permission, may keep theirs with them. Please provide written instructions and seek permission from the Head of Secondary or Head of Primary.

## FIRST AID AND HEALTH

The full-time School Nurse is located in the Medical Room on the 2F of the school (Rm 210). Should you need to contact the First Aid Office during school hours, please phone 2304 6078 or email [nurse@aishk.edu.hk](mailto:nurse@aishk.edu.hk). If your child is ill or injured, our School Nurse will offer immediate first aid treatment and then contact you if they need to go home or require further treatment. In an emergency where an ambulance is called, they will take your child to the nearest public hospital.

Please ensure you have alerted us beforehand if your child suffers from any medical conditions and ensure you have given us your emergency contact number/s.

## EXCLUSION PERIODS

The school will require students to be excluded from school should they be diagnosed with a communicable disease. The period of exclusion shall be as per the recommended 'sick leave duration' periods published by the CHP or the student's consulting doctor (whichever is greater).

## COMMUNICABLE DISEASES POLICY

The table below sets out the current sick leave durations by the CHP:

Disease	Sick Leave Duration
Acute conjunctivitis	Until no abnormal secretion from the eyes
Bacillary dysentery *	Until diarrhoea ceases and at least 2 consecutive stool samples are tested negative for such bacteria (1st stool sample has to be collected 48 hours after completion of the antibiotic course)
Chickenpox *	About one week or until all vesicles have dried up
Cholera *	Until non-infection is confirmed (test is to be done on 3 stool samples collected at least 1 day apart 48 hours after completion of the antibiotic course)

Disease	Sick Leave Duration
<b>Diphtheria *</b>	Until non-infection is confirmed by negative result on sample culture test (test is to be done on 2 nasopharyngeal swabs 24 hours apart, following 24 hours after completion of the antibiotic course)
<b>Hand, foot and mouth disease</b>	Until all vesicles dry up or as advised by a doctor. If enterovirus 71 is confirmed to be the pathogen, take 2 more weeks of sick leave after all vesicles have dried up
<b>Hepatitis A *</b>	Until at least 1 week from the appearance of jaundice or as advised by a doctor
<b>Measles *</b>	4 days after the day of appearance of rash
<b>Mumps *</b>	5 days after the appearance of gland swelling
<b>Rubella *</b>	7 days after the day of appearance of rash
<b>Scarlet fever *</b>	Until fever down and 24 hours after starting appropriate antibiotic
<b>Tuberculosis *</b>	As advised by a doctor
<b>Typhoid fever *</b>	Until at least 3 consecutive stool samples are tested negative for such bacteria (the first stool sample to be collected 48 hours after completion of the antibiotic course)
<b>Viral gastroenteritis</b>	Until 48 hours after the last episode of diarrhoea or vomiting
<b>Whooping cough *</b>	5 days from starting the antibiotic course or as advised by a doctor
<b>Coronavirus disease 2019</b>	Until symptoms subside or as advised by the doctor

Diseases marked with asterisk (\*) should be report to the Centre for Health Protection, as required by the law

The recommendations made above are based on the general infection period only. Other factors, such as the clinical conditions of the sick child, have to be considered as well. The attending doctor should exercise his/her professional judgement when making the final decision on the length of sick leave.

## FEVER-FREE SCHOOL

AISHK is a fever-free school. Students must not attend school if they have a fever. If the School Nurse or Health Care Assistant deems a student to be suffering a fever, the student may be sent home. A fever shall be determined by measuring a student's body temperature.

Body temperature varies with age, time of day and level of physical activity. For screening purposes, temperature above the reference range quote below will be considered significant and the student may be sent home:

Measuring Method	Degrees
Oral	37.5°C
Ear	38.0°C
Rectal	38.0°C
Armpit	37.3°C



## RETURN TO SCHOOL

A student must not attend school until their temperature returns to normal (without the aid of medication) and the fever has a known non-infectious cause.

If the child has been sent home from school after having been suspected of suffering a fever and the fever has a known non-infectious cause, they may return to school the following day if their temperature is normal without the aid of medication.

If the fever has a known infectious cause, then the exclusion guidance for that disease shall be followed (unless a doctor has advised a different exclusion period). Where CHP guidance is not provided, the school may:

- a. Permit the student to return to school 48 hours after their temperature has returned to normal without the aid of medication, or
- b. Seek and apply further expert advice, or
- c. Follow written advice (e.g medical certificate) from the student's medical provider.