



08 January 2018

Dear Parents / Caregivers,

Happy New Year and welcome to new and returning students and their families. If you have any medical concerns about your child, please do not hesitate to contact us. Our direct Clinic phone number is ph: (07) 4039 9052 and emails are welcome to nurse@plc.qld.edu.au.

I apologise for the length of this initial letter, but the information it contains is very important, so please read the follow details carefully, noting any important information that applies to your child/children.

Medical Consent Forms

It is vital that we have up to date medical forms for each student. If you have not already completed this form, please obtain one from Administration or from the College website. You can access the **Medical Consent** forms and **Authorisation for Administration of Medication** forms on the College website via the following link:

<http://plc-au-qld-188-website.digistormhosting.com.au/our-college/health-clinic>

Medical forms can also be accessed by following the pathway on the PLC Website: 'Our College- Health Clinic- Medical Consent Forms'.

Please return completed forms to the office, or email them directly to the clinic as soon as possible. It is now a requirement that we have the forms before your child commences the school term.

Day students will need to complete pages 1 and 2, which includes a medical condition table where **only** the condition(s) your child has been diagnosed with need to be ticked along with any further relevant information in the space below. For example, if your child has fractured any bones it is helpful to know which bones and in which year in case of further injury, or if they have any allergies it is important for us to know what they are allergic too and what treatment is required. For boarding students all 4 pages must be completed.

Authorisation to Administer Medication

If your child needs any medication during the school day, please complete the **Letter of Authorisation to Administer Medication** form, which can be obtained from the College website, Administration, your child's teacher or the Health Clinic. Please bring the completed form and the medication to be administered to the Health Clinic.

On a Tuesday or Thursday morning we have a private doctor's clinic held for our boarders. If you need to bring medication in on one of these days, please take it to your child's teacher and they will send it to the clinic with your child at the appropriate time for administration.

For antibiotics that are to be given 'Three times a day' you can choose to give these at breakfast, straight after school and at bedtime. As with all antibiotics, it is better to space them as evenly as possible during the waking hours of your child.

No students should be self-administering any medication except for those requiring Ventolin or Insulin.

Sun Smart School

Peace Lutheran College continues to be a sun smart school and as such we encourage students to wear sunscreen, sunglasses and their hats while outside for sport/play. Peace Lutheran College provides SPF 50+ sunscreen that is 4 hours water resistant, but it is advisable that sunscreen is applied before coming to school as well. If your child has any allergies to creams, please provide their own sunscreen.

Immunisations

Students in Grade 7 and 10 will be offered immunisations by the Queensland Government as part of the School Immunisation Program. The forms for these are posted out before the start of Term 1 annually. If you do not receive forms and your child is in Grade 7 or 10 please ring the Health Clinic or send an email to request one.

All students in Grade 7 will be offered Immunisations for Diphtheria, Tetanus and Whooping Cough (dTpa) and Human Papilloma Virus (HPV). For students in Grade 10 the Meningococcal ACWY vaccination will be offered. Information about these vaccinations is included in the envelope sent home. **Please return completed forms to Administration or the Health Clinic as soon as possible.** You may be contacted by the Queensland Government School Immunisation team if a consent form isn't returned.

Asthmatic Students

Spacers need to be provided for all students with asthma. If you think your child may need to have a reliever inhaler (blue/grey) like Ventolin or Asmol while they are at school, please provide a named spacer for them. Spacers are about 4 times more effective in delivering the medication to the lungs than Ventolin taken just via an inhaler. Please bring the spacers to the Health Clinic. We will also get you to fill out an Authorisation form to administer medication. This can be completed once to cover the duration of your child's school years.

If your child needs Ventolin at any stage during the year and we don't have a spacer, we are able to provide one for them and add the cost (\$7.50) to your account. Please make sure that you add Asthma to your child's medical form, even if it is mild. Students are able to carry their own Ventolin and spacers to administer independently once they are competent to do so.

Children with Allergies

We have a few students at the school who have peanut/nut allergies. **This allergy is very severe and can be life threatening.** A severe anaphylactic reaction can be triggered by very minimal contact with nuts etc. such as being touched by another student who may have traces of nut on their hands. **Please do not send your child to school with foods containing peanuts/nuts.** Soap dispensers and paper towels are provided in the Junior School and all students should be encouraged to wash their hands well after eating.

Sick Children

Please keep sick children at home. For example, it is very important for students who have had fevers, or those who have had vomiting or diarrhoea to rest at home. As a guide, students who have had a temperature over 37.8 should remain at home until their fever has been down for 24 hours, before returning to school. Students who have had vomiting and/or diarrhoea should remain at home until their symptoms have stopped and they have been eating a normal diet for 24 hours. If your child presents to clinic with a fever $T=37.8$ or greater, they won't be able to return to class and will need to be collected from the health clinic. Please ensure the school has updated contact details which are needed for these situations and in the case of emergency.

It is very important for parents to notify the school if their child has been diagnosed with any of the childhood illnesses that require exclusion. Please see the department of Health Time Out Poster attached to this letter.

With the majority of students having their own mobile phones we are finding that some are calling parents for a pick up from class if wanting to go home. We ask that you support our school requirement that a staff member will contact you if your child has been assessed as needing to go home.

Dental Treatment

As part of Queensland Health Oral Health Care for students up to the age of 17 years, Edge Hill School Dental is our assigned school. If your child/children need to go to see the dentist for toothache at any time during the year, you are able to ring them directly, ph: 1300 300 850.

A parent needs to be present for consultations by the Queensland Oral Health Services. For boarders to be seen by the Queensland Oral Health Services, they will need to have a current Medicare Card number and a **dental consent form** will need to be completed and signed by parents/caregivers annually. This form will be in the Boarding pack. Parents will need to be able to receive a phone call from the dentist, if they need to talk about any treatment required, at the time of their child's appointment. Parents will have advanced warning of the appointment time and date. Students who are covered by the Child Dental Benefits Schedule (CDBS) will be able to receive private care to the value of \$1000 over 2 years. For information about the CDBS please click the following link: [http:// www.humanservices.gov.au/customer/services/medicare/child-dental-benefits-schedule](http://www.humanservices.gov.au/customer/services/medicare/child-dental-benefits-schedule).

Boarding students who require Overseas Student Health Cover privately will need to see a private dentist for dental care. Parents will be notified and they will need to pay for these appointments. The health cover for overseas students doesn't usually cover dental treatment.

Students Returning from Overseas.

For the health and protection of our school community, we ask that all students, who have returned from overseas within 3 weeks of attending school, have their temperatures taken before coming to school. Students should be kept at home if their temperature is above 37.8C or if they are feeling unwell with flu like symptoms. If they have been feverish or unwell since returning to Australia, a medical certificate giving clearance for school should be presented to Administration. This will then be forwarded to the Health Clinic.

All of our boarding students returning from overseas are to present to the Health Clinic on arrival or the next morning before attending school for a temperature check and brief questionnaire. Boarding students will see the school doctor before coming to school if they are feverish or unwell on arrival.

Old Injury/Dressing Requirements

It is the responsibility of parents for our day students to look after any injuries/dressings that have occurred outside school hours or for old injuries/wounds, even if they first occurred at school. It has become increasingly common for students to be told by their parent to 'just go and see the nurse' for dressings and bandages. This usually means that the student is missing school or causing others to miss school. We thank you for your understanding in this matter.

Location

To pick up students from the Health Clinic, you will need to drive down Peace Drive, off Cowley St. We are on the ground floor in the second house on the right, opposite the Boarders Kitchen. You can drive past the clinic and park on the first concrete driveway on the right. We are able to ring and sign your child out when they leave campus.

We are praying for a safe, happy and healthy year ahead.

Yours faithfully,

Your Health Clinic team,
Carolyn Durden / Benjamin (Ben) Quinn
nurse@plc.qld.edu.au

Time Out

Keeping your child and other kids healthy!

This poster provides information on the recommended minimum exclusion periods for infectious conditions and will assist medical practitioners, schools, pre-schools and childcare centres to meet the requirements of the *Public Health Act 2005*.¹

Condition	Person with the infection	Those in contact with the infected person ²
Chickenpox (varicella)	EXCLUDE until all blisters have dried. For non-immunised children, this is usually 5 days after the rash first appears, and less for immunised children.	EXCLUSION MAY APPLY EXCLUDE non-immune pregnant women and any child with immune deficiency or receiving chemotherapy. <i>Contact your Public Health Unit for specialist advice.</i> Varicella can be reactivated in older children and adults as Shingles. <i>See below.</i>
Cold sores (herpes simplex)	NOT EXCLUDED if the person can maintain hygiene practices to minimise the risk of transmission. Young children unable to comply with good hygiene practices should be excluded while sores are weeping. Sores should be covered with a dressing where possible.	NOT EXCLUDED
Conjunctivitis	EXCLUDE until discharge from eyes has ceased unless a doctor has diagnosed non-infectious conjunctivitis.	NOT EXCLUDED
Cytomegalovirus (CMV)	NOT EXCLUDED Pregnant women should consult with their doctor.	NOT EXCLUDED Pregnant women should consult with their doctor.
Diarrhoea³ and/or Vomiting including: <ul style="list-style-type: none"> • amoebiasis • campylobacter • cryptosporidium • giardia • rotavirus • salmonella • viral gastroenteritis but excluding: <ul style="list-style-type: none"> • norovirus • shigellosis • toxin-producing forms of E.coli (STEC) <i>See specific information below</i>	NOT EXCLUDED	
Enterovirus 71 (EV71 neurological disease)	EXCLUDE until written medical clearance is received confirming the virus is no longer present in the person's bowel motions.	NOT EXCLUDED
Fungal infections of the skin and nails (ringworm/tinea)	EXCLUDE until the day after antifungal treatment has commenced. (No exclusion for thrush).	NOT EXCLUDED
Glandular fever (mononucleosis, Epstein-Barr virus)	NOT EXCLUDED	NOT EXCLUDED
German measles (rubella)⁴	EXCLUDE for 4 days after the onset of rash or until fully recovered, whichever is longer. Pregnant women should consult with their doctor.	NOT EXCLUDED Pregnant women and female staff of childbearing age should check their immunity with their doctor. <i>Contact your Public Health Unit for specialist advice.</i>
Haemophilus influenzae type b (Hib)	EXCLUDE until the person has completed a course of appropriate antibiotic treatment ⁵ <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice.</i>
Hand, foot and mouth disease (EV71)	EXCLUDE until all blisters have dried.	NOT EXCLUDED
Head lice	Exclusion is not necessary if effective treatment is commenced before next attendance day (i.e. the child does not need to be sent home immediately if head lice are detected).	NOT EXCLUDED
Hepatitis A⁴	EXCLUDE until at least 7 days after the onset of jaundice or dark urine, or for 2 weeks after onset of first symptoms if no jaundice or dark urine.	NOT EXCLUDED <i>Contact your Public Health Unit for specialist advice about vaccination or treatment for children and staff in the same room or group, children transferring to another centre and new enrolments.</i>
Hepatitis B and C	NOT EXCLUDED Cover open wounds with a waterproof dressing.	NOT EXCLUDED

Footnotes

1. Observing the exclusion period meets the intent of the *Public Health Act 2005* for a person to be non-infectious.
2. The definition of 'contact' will vary between diseases and is sometimes complex. If unsure, contact your local Public Health Unit.
3. Diarrhoea definition is: 3 or more loose stools or bowel movements in a 24 hour period that are different from normal and/or escapes a child's nappy.
4. Doctors should notify the local Public Health Unit as soon as possible if children or staff are diagnosed with these conditions.
5. Appropriate antibiotic treatment: this will vary between diseases. If unsure, contact your Public Health Unit.



Condition	Person with the infection	Those in contact with the infected person ²
Hepatitis E	EXCLUDE until at least 2 weeks after the onset of jaundice.	NOT EXCLUDED
Human immunodeficiency virus (HIV/AIDS)	NOT EXCLUDED Cover open wounds with waterproof dressing.	NOT EXCLUDED
Influenza and influenza-like illness	EXCLUDE until symptoms have resolved, normally 5–7 days.	NOT EXCLUDED
Measles*	EXCLUDE for 4 days after the onset of the rash. <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY Vaccinated or immune contacts NOT EXCLUDED . EXCLUDE immuno-compromised contacts (including those receiving chemotherapy) until 14 days after the appearance of the rash in the last case. EXCLUDE non- or incompletely vaccinated contacts, without evidence of immunity. <i>Contact your Public Health Unit for specialist advice.</i>
Meningitis (bacterial)	EXCLUDE until well and has received appropriate antibiotics. ³	NOT EXCLUDED
Meningitis (viral)	EXCLUDE until well.	NOT EXCLUDED
Meningococcal infection*	EXCLUDE until 24 hours of appropriate antibiotics have been completed. <i>Contact your Public Health Unit for specialist advice.</i> ³	NOT EXCLUDED <i>Contact your Public Health Unit for specialist advice about antibiotics and/or vaccination for close contacts.</i> ³
Molluscum contagiosum	NOT EXCLUDED	NOT EXCLUDED
Mumps	EXCLUDE for 5 days after onset of swelling. Pregnant women should consult with their doctor.	NOT EXCLUDED Pregnant women should consult with their doctor.
Norovirus	EXCLUDE until there has been no diarrhoea or vomiting for 48 hours.	NOT EXCLUDED
Roseola, sixth disease	NOT EXCLUDED	NOT EXCLUDED
Scabies	EXCLUDE until the day after treatment has commenced.	NOT EXCLUDED
School sores (impetigo)	EXCLUDE until 24 hours of appropriate antibiotics have been completed. ³ Cover sores on exposed areas with a waterproof dressing until sores are dry, and encourage handwashing.	NOT EXCLUDED
Shiga toxin-producing E.coli (STEC)	EXCLUDE until diarrhoea has stopped and two samples have tested negative. <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice.</i>
Slapped cheek syndrome, fifth disease (parvovirus B19, erythema infectiosum)	NOT EXCLUDED Pregnant women should consult with their doctor.	NOT EXCLUDED Pregnant women should consult with their doctor.
Shigellosis	EXCLUDE until there has been no diarrhoea or vomiting for 48 hours <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice.</i>
Shingles (herpes zoster)	EXCLUSION MAY APPLY If blisters can be covered with a waterproof dressing, until they have dried NOT EXCLUDED . EXCLUDE if blisters are unable to be covered and until no new blisters have appeared for 24 hours.	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice, including advice for pregnant women and any person who is immuno-compromised (including receiving chemotherapy).</i>
Streptococcal sore throat (including scarlet fever)	EXCLUDE until 24 hours of appropriate antibiotics have been completed. ³	NOT EXCLUDED
Tuberculosis (TB)*	EXCLUDE until written clearance is received from the relevant Tuberculosis Control Unit.	NOT EXCLUDED
Typhoid* and paratyphoid fever	EXCLUDE until diarrhoea has stopped and two samples have tested negative. <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice.</i>
Whooping cough (pertussis)*	EXCLUDE until 5 days after starting appropriate antibiotics or for 21 days from onset of cough. ³ <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY for those in contact with the infected person. <i>Contact your Public Health Unit for specialist advice regarding exclusion of non- or incompletely vaccinated contacts.</i>
Worms	EXCLUDE until diarrhoea has stopped for 24 hours and treatment has occurred.	NOT EXCLUDED



Some medical conditions require exclusion from school, childcare centres and other settings to prevent the spread of infectious diseases among staff and children.¹

For further information or advice about diseases or conditions not listed here:

- Contact your nearest public health unit at: www.health.qld.gov.au/system-governance/contact-us/contact/public-health-units
- National Health and Medical Research Council publication: *Staying Healthy – Preventing infectious diseases in early childhood and education and care services, 5th edition*: www.nhmrc.gov.au/guidelines-publications/ch55
- For fact sheets about various communicable diseases visit the Queensland Department of Health website at: <http://disease-control.health.qld.gov.au>

Time Out



Use this QR Code to access a digital copy of this poster or visit: www.health.qld.gov.au/publichealthact/contagious