



# The British School

Caroline Drumm  
Principal

P.O. Box 566, Jhamsikhel, Patan  
Kathmandu, Nepal

30th August 2024

Dear Parents and Carers,

## Student Illness

As we move into flu season here in Nepal, I am writing to make you aware of our child illness policy and procedures as well as some of the preventative measures we take here in school to keep our community safe.

According to our Sick or Injured Students Policy, students should remain at home if they display any of the symptoms below. Likewise, we will send students home from school if they are displaying any of these symptoms during the school day:

- A fever of above 100.0° F (37.8° C)
- Headaches, earaches, toothaches, abdominal pain etc unrelieved by rest and a dose of painkiller - Paracetamol/ Ibuprofen (if parents supply or request)
- Diarrhea 3 or more times in the past 24 hours
- Persistent nausea and vomiting
- Uncontrolled and persistent coughing and sneezing
- A rash and/or symptoms suspected to be chickenpox, impetigo or measles etc
- Suspected contagious illnesses such as conjunctivitis
- Suspected fracture and severe sprain/strain requiring medical interventions to allow for safe movement around campus
- Suspected head or neck injury requiring professional follow up and advice to allow for safe movement around campus
- Cuts or lacerations requiring medical assessment
- Needing to be seen immediately by a doctor or dentist.

For specific illnesses, we refer to local and international guidance on infection control. If you would like further information regarding a specific illness or symptoms, please contact our school nurses at [nurse@tbs.edu.np](mailto:nurse@tbs.edu.np)

It is vitally important that children displaying the above symptoms stay at home in order that they can receive appropriate care and prevent the spread of illness. Here at TBS, we track student illness and symptoms to look for any potential links that may indicate a spread. We have stringent hygiene and sanitation routines, which can be increased where there is evidence of any elevated risk and we benefit from having two nurses and clinics on site, alongside a large number of staff with UK First Aid qualifications.

Patron: H.E.The British Ambassador

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Below is some information and advice regarding several specific illnesses that are currently prevalent in Nepal or that are globally topical:

## **Dengue Fever**

Dengue Fever is a disease transmitted between humans via mosquito bites. The symptoms include a fever, joint and muscle pain and nausea and vomiting. If you suspect you or your child has contracted Dengue Fever, we recommend seeking medical advice immediately. According to the ECDC, cases of dengue in Nepal are significantly lower than the same period last year, though as the wet season continues, this is something that we continually monitor. We advise all children to wear age-appropriate mosquito repellent and wear long, loose fitting clothes. Our classrooms are fitted with mosquito screens and are air conditioned, which keeps the temperature below that in which mosquitoes flourish. Our site is fogged twice weekly during the monsoon season and areas where standing water forms are regularly cleared.

## **Covid 19**

Though official numbers are no longer being reported, there are still cases of Covid in the community and the Ministry of Health still requires those testing positive to isolate for a minimum of 5 days. To help prevent the spread of Covid in the TBS community, any member of staff or students testing positive will be asked to isolate at home in line with official guidelines. Their close contacts will be informed and required to wear a mask in school, keep their distance where possible and take an antigen test if they develop flu-like symptoms.

## **Bacterial Infections**

Stomach related complaints are especially common at this time of year and are usually caused by exposure to bacteria in contaminated food or water. To prevent the spread of infection, we encourage good hand hygiene here in school and, as above, keeping your child away from school if suffering with diarrhea or vomiting. We are very fortunate to have access to our own water supply here on site which allows us to continually monitor its quality. Our water is pumped via one of our two wells on site and then triple filtered to remove any potentially harmful pathogens. The water is tested and treated regularly by an external inspection team. As reported by the ECDC, whilst there have been 38 cases of cholera in Lalitpur to date this year, the majority of cases can be linked to localised flooding in the same area.

## **M Pox**

Though widely reported recently in some local media outlets, the outbreak of M Pox largely remains contained in the Democratic Republic of Congo with a relatively small number of cases elsewhere, mainly in other East African countries. Following the spread of Covid 19 we are, of course, all more aware of potential future pandemics and as such we remain vigilant. We continually monitor health issues of global concern and are currently following the advice of the

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World Health Organisation, which is to be aware of the symptoms, seek medical advice if at all concerned and maintain good levels of hygiene.

If you have any questions regarding our approach to health and illness, please do not hesitate to ask.

Yours sincerely  
Ms. Pauline Gradden  
Vice Principal

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