



AMERICANA CHINESE INTERNATIONAL SCHOOL

HEALTH BULLETIN

10th October 2019

A Friendly Reminder

For us to effectively prevent and to protect the students from common childhood communicable illness; please be reminded on below ACIS health guideline, recommended by the Thai Public Health Department:

If any student has symptoms or diagnosed with Influenza, Hand-foot-and-mouth;

- they must stay at home for 7 calendar days and return to school on the 8th calendar day, if all symptoms are gone.
- provide a medical letter from the doctor stating that they are okay to return to school.

Signs of symptoms of:

Influenza: High fever, could last 3 to 4 days; headache, general and severe aches; weakness; stuffy, running nose; sneezing; sore throat; cough; chest discomfort

Hand-foot-and-mouth: Fever; sore throat; feeling unwell; painful, red, blister like lesion on tongue, gums or inner cheeks; red rash on palms, soles; loss of appetite

ACIS School Nurse Office