



First Aid

Guidelines & Useful information

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First Aid Department

One of GESS' core Educational Goals is to provide an environment in which students can strive to lead a healthy and balanced life. To support this goal, each of our campuses has a first aid room staffed by qualified nurses who are available to provide first aid and to help students who fall ill while at school. A Senior First Aid Officer at each campus is responsible for the coordination of the First Aid Department, including the formulation and implementation of First Aid policies and procedures and communications with parents.

To assist us to provide the best First Aid care for your child, it is essential that all new parents complete a "Student Healthcare Plan", available from either campus' Front Desks. Notifying the First Aid Department is particularly relevant if your child has any health condition, including allergies or is required to take any regular medication.

First Aid Officers are always on duty during school hours, including CCA times, special events and sports tournaments. The school is also equipped with First Aid Kits as well as fixed and portable Automated External Defibrillators (AED) and engages qualified personnel to conduct regular First Aid training sessions with staff.

Please feel free to contact the First Aid Department via firstaid@gess.sg or via phone at +65 64610807 Student Absences from School

Should your child be ill, parents must:

- Keep students who are unwell or with a temperature above 37.8 °C at home and only send them back when they are fever free for 24 Hours.
- Inform the school as soon as possible by emailing school@gess.sg or by telephone at +65 64691131.
- To help us to identify and manage outbreaks of illness within the school community, please provide details of the illness/symptoms your child is experiencing, particularly in the case of a high fever or contagious illness.
- Upon their return to school, students must produce a written note from the parents, indicating the reason for and length of the absence.
- A doctor's certificate will be required if the student is absent for more than two days.

Students who fall ill while at school must:

- Inform their homeroom or class teacher as soon as possible and proceed to the First Aid Office.
- The First Aid Officer will contact the parents and may administer medical care in line with the student's Health Care Plan and/or determine that the student should be sent home to recuperate.
- The First Aid Officer will then issue an "Exit Pass" which the student has to present to the security guard before leaving the school premises. Without this, the student is not permitted to leave the campus.
- Should the First Aid Officer decide that it is in the best interest for the student to be sent home, we strongly advise parents to pick up the child as soon as possible.

Student Absence from class / compulsory activities for reasons other than illness:

- Parents must make prior arrangements with the student's homeroom teacher.
- An Exit Pass will be issued by the Front Desk only to students who have written permission from their homeroom teacher/section head for the absence.

In Case of an Accident

Details of any accident is recorded by the attending First Aid Officer.

The school will not send the student home via Taxi or Bus. Parents are advised to pick up and accompany the child to the nearest clinic.

If you need any information about our school accident insurance, please contact martin.vincenz@gess.sg.

Absence of Both Parents from Singapore

Parents are requested to fill in the appropriate “Absence of Both Parents” form to inform the school about their absence for our First Aid Officers’ reference in case of an emergency. You can find this form in the parent portal, under the forms section.

Infectious Diseases

If our First Aid Officer suspects that the child has any symptoms of infectious disease, the parents will be asked to collect the child and bring to a doctor for further examination.

The First Aid Officer may communicate with parents in relation to outbreaks of illness in classes, particularly in the case of Hand, Foot and Mouth Disease and other illnesses which are highly contagious.

Bug Busting Day

The last Sunday of each holiday break is a ‘Bug Busting Day’. All parents of either Preschool or Primary school are required to check their children for head lice and treat as required. This undertaking improves parents understanding of how to check for and treat head lice and significantly contributes to reducing levels of head lice within the school.

Health Care in Singapore

Visiting the doctor

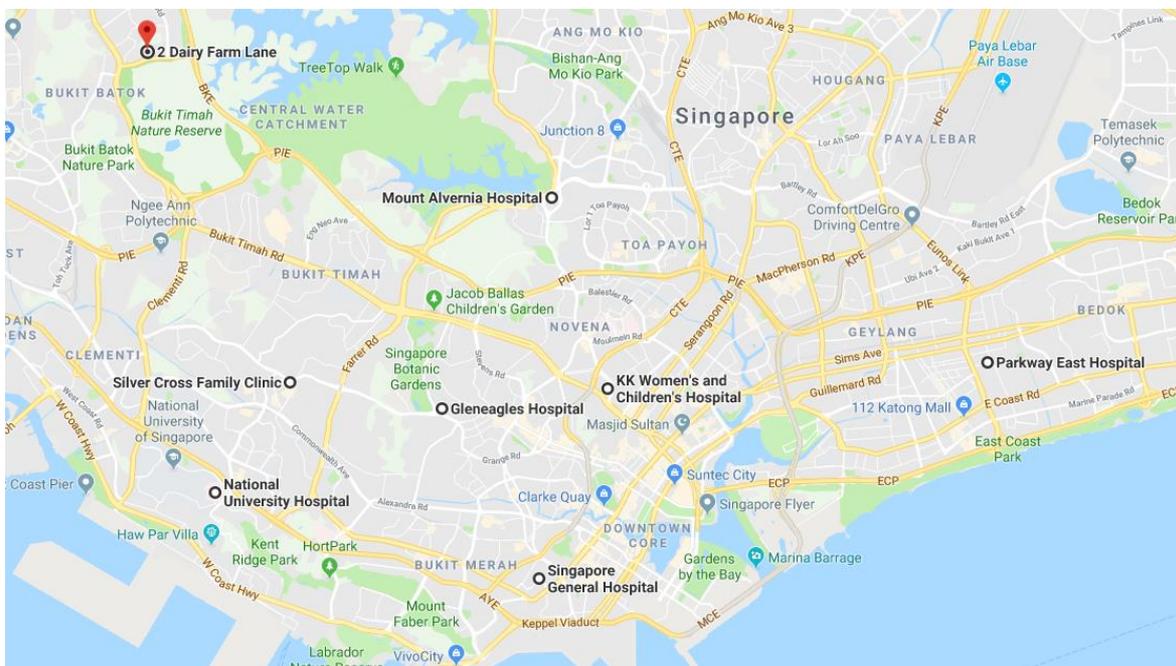
Medical practitioners operating in Singapore are by and large, highly qualified, experienced and professional. Standards of medical care in Singapore are some of the highest in the region. In general, a GP’s referral to a specialist is not required, although you should always check with your insurance company who may require a GP’s referral. Most GPs will dispense medication at their clinic, although you may also request a prescription for dispensing of medication in the pharmacy.

Emergency Contact Numbers

Fire	995
Ambulance	995
Police	999
Non-emergency Ambulance Service	1777

Hospital Information

	Hospital	Telephone	Address
1	Mount Alvernia	6347 6688	820 Thomson Road, 574623
2	Tan Tock Seng	6256 6011	11 Jalan Tan Tock Seng (S) 308433
3	KK Women's & Children's	6225 5554	100 Bukit Timah Road, (S) 229899
4	Mount Elizabeth Novena	6898 6898	38 Irrawaddy Rd, (S) 329563
5	Gleneagles	6575 7575	6A Napier Rd., (S) 258500
6	Singapore General	6222 3322	Outram Road, (S) 169608
7	Alexandra	6472 2000	378 Alexandra Rd., (S) 159964
8	National University	6779 5555	5 Lower Kent Ridge Rd., (S) 119074
9	Changi General	6788 8833	2 Simei Street 3, (S) 529889
10	Parkway East	6377 3737	321 Joo Chiat Pl, (S) 427990



Vaccinations

Singapore follows the Childhood Vaccination Program recommended by the World Health Organization, which includes vaccination against diphtheria, hepatitis B, influenza, measles, mumps, pertussis, polio, pneumococcal, rubella, tuberculosis and tetanus.

In addition, you may wish to consider vaccinating your child against Hepatitis A, Typhoid Fever, Haemophilus Influenza B, Meningococcal group C, rabies, yellow fever, Japanese B encephalitis, particularly if you intend to travel within the South East Asian region.

Please visit www.moh.gov.sg for more information.

Humidity

The humidity in Singapore can mean that cuts and scratches often take longer to heal than in dryer climates and are more prone to infection. Treat all cuts with an antiseptic solution to help reduce the chance of infection.

The heat may cause dehydration quickly. Do ensure you and your family stay well hydrated and carry water with you when outdoors.

Haze

During the period from May to October, Singapore experiences Southwest Monsoon winds which blow from the southeast or southwest. These may bring with them smoke and haze from forest fires in neighboring countries. The haze and smoke may cause irritation of the eyes, airways, nose and throat and may be particularly problematic for those with chronic conditions such as asthma, sinusitis and allergic skin conditions. The National Environment Agency monitors air quality by taking PSI (Pollutant Standards Index) readings. Results are available in the general media and on www.nea.gov.sg.

Sun Protection

The intensity of the sun in Singapore can be extremely strong, even on overcast days and the risk of sunburn is high. Protective measures such as a clothing and a hat, shade, sunscreen with a SPF of 30+ are recommended, especially for children.

Allergies

Please notify the school of any allergies your child may have in writing, by completing a Healthcare Plan available from the First Aid Office or by emailing firstaid@gess.sg.

Parents of children with allergies consuming food from the school canteen are advised to inform their respective homeroom teachers and our First Aid Team. Please note that GESS canteen is not an allergy-free canteen. The allergen information is displayed in each recipe, to the best knowledge of the kitchen. Due to the risk of cross-contamination, children with severe allergy reaction are advised to bring their own meals.

Food and Water

In general, tap water in Singapore is of safe to drink, although it is recommended that you boil it first as an added precaution.

Food outlets in Singapore are licensed and regulated by the National Environment Agency who regularly inspect and rate food retailers. In turn, retailers must prominently display their grading (either A, B, C or D).

Those sensitive to the flavor enhancer Monosodium Glutamate (MSG) should be aware that MSG is often added to food sold in Singapore.

Snake Bites

Singapore is home to a variety of non-venomous and venomous snakes. If a snake is encountered, leave it well alone. In case of a snake bite, bandage the site of the bite firmly, splint the limb and seek urgent medical attention Do not wash the bite, or apply a tourniquet. Singaporean hospitals all carry anti-venom for snake varieties found locally.

Singapore Medical Health Considerations (Please visit www.moh.gov.sg for more information)

Hand Foot and Mouth Disease

Hand foot and mouth disease (HFMD) is a mild, but very common infection amongst small children living in Singapore. The virus is highly infectious and usually presents as ulcers in the mouth and a rash or small blisters on the palms of hands, soles of feet and possibly on the child's bottom; coupled with a high fever. The illness is generally mild and typically runs its course within a week. Careful attention to children's general hygiene is required, especially hand washing, to prevent further spread.

GESS is bound by Ministry of Health regulations to report any suspected or GP confirmed cases of HFMD within our student body. During outbreaks of HFMD, which are usually contained to the Pre-school department, the following precautions are implemented to prevent further spread:

- Children must wear socks or shoes at all times,
- First aid and teaching staff check students daily for signs of infection, (visual check of hands, feet & mouth and temperature check)
- Classes with an affected student may be required to stay within their home classroom to avoid potential spread to other classes,
- GESS cleaning staff wash and disinfect surfaces and furnishings regularly and thoroughly.
- The first aid department will notify parents of a class if a student in that class is confirmed to have HFMD, and when three or more classes are affected, all Pre-school department parents will be notified.
- Parents who suspect their child may have HFMD are requested to keep the child home from school and consult your GP as soon as possible.

Dengue Fever

Dengue is a mosquito borne virus which is prevalent in tropical regions. Dengue fever is spread by the bite of the Aedes mosquito which is only active during the day. It presents with a high fever and aching of the muscles, joints and possibly behind the eyes. Infected people will likely be very uncomfortable and should see a doctor immediately as hospitalization may be necessary to avoid complications such as dehydration. The illness normally lasts a week or more and whilst it is uncomfortable, it is not generally deadly.

Strict regulations are in place in Singapore in order to minimize the incidence of mosquito borne diseases and the National Environment Agency (NEA) regularly carries out inspections of both residential and commercial premises. The primary preventative measure households can take is to ensure stagnant water is either removed or regularly changed (e.g. in flower vases, plant pots, water buckets etc.). Fines and penalties may be applicable.

Dengue Hemorrhagic fever is a separate illness which is rare, but severe and life threatening. It most often presents in patients with Dengue fever who have previously been infected with a different strain of the dengue virus. Any patient with suspected Dengue fever should be closely monitored for signs of bleeding or bruising and if detected, should seek urgent medical attention.

Zika

Zika is a mosquito borne illness transmitted by the *Aedes sp* mosquito. It was discovered in the 1950s in Uganda, and has been resident in the South East Asia since. Zika illness behaves very similarly to Dengue Fever, with symptoms of fever, headache and muscle ache. The mild differences are the presence of red eyes (20-50%) and more prominent rash (74%) seen in patients with Zika.

Zika occurs 3-14 days after the bite. It is generally harmless and invariably everyone recovers well. There is a slightly higher risk of microcephaly (1-13%) in pregnant women who acquire the disease, especially during the first trimester. A small risk (1 in 5000) exists for subsequent Guillain Barre Syndrome (rare disease involving the nerves) in patients 2-4 weeks after the infection.

Treatment of Zika is mainly symptomatic. Antipyretics and analgesia like paracetamol, ibuprofen and etoricoxib works well. Hydration is very important.

Reference: Dr. Leong Hoe Nam

Chikungunya Fever

As with Dengue fever, Chikungunya fever is a virus spread by the bite of the *Aedes* mosquito. Symptoms include sudden fever, joint pain, nausea, vomiting, headache and possibly a rash. While the illness will generally run its course with a week or two, joint pains may persist for months or even years.

There is no vaccination available against Chikungunya fever. The best treatment is to prevent being bitten by ensuring there are no mosquito breeding environments available around your home and by wearing insect repellent if necessary.

Malaria

Singapore is free of Malaria however infections occur in many neighboring countries. No vaccination is available, however anti-malaria medication can be taken if travelling within the region and again, all possible measures to avoid being bitten by mosquitos are recommended.

Rabies

Singapore is rabies free however rabies is present in most other countries in Asia. Vaccination is available for those who are considering long term travel within Asia or who would simply like to take the added precaution.

Ear Infections

Singapore's humid environment, coupled with weather conducive to swimming all year long means that ear infections are often more prevalent here. Ear drops prescribed by your GP will cure most ear infections and over the counter measures such as ear drops and plugs are also available for prevention in those prone to ear infections.