



ISF

International School
Frankfurt Rhein-Main

HEALTH CENTER

GUIDELINES

AND

USEFUL INFORMATION





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ISF HEALTH CENTER

At International School Frankfurt Rhein-Main (ISF), we strive to develop a safe and nurturing environment that supports our students on their journey to identify and achieve their full potential. To sustain this goal, our campus includes a Health Center staffed by a qualified nurse who is available during school hours to provide first aid and to help students who fall ill while at school.

Additionally, the school is equipped with First Aid kits as well as an Automated External Defibrillator (AED) for emergencies, and engages qualified personnel to conduct regular First Aid training sessions with the school staff.

For any health-related enquiries, please feel free to contact the ISF Health Center via E-mail at nurse@isf-sabis.net or via phone at **069-954319-728**.

PARENT INVOLVEMENT

To assist us in providing the best health care for our students, it is essential that all new parents notify the Health Center of any health conditions and allergies their children might have and any medication their children are required to take regularly. In school communities, infectious diseases can spread very easily from person-to-person through direct contact. The Frankfurt Health Department demands the cooperation of all schools and parents to ensure the prevention of disease outbreaks. Parents are asked to inform the school in case a student or another member of the family at home is sick and has been diagnosed by a doctor with a contagious illness such as:

COVID-19, Chicken Pox, Cholera, Diptheria, E.Coli Gastroenteritis, Viral Haemorrhagic Fever, Haemophilus Influenza Type B, Meningitis, Bullous Impetigo, Pertussis, Tuberculosis, Measles, Mumps, Typhus, Pest, Poliomyelitis, Rubella, Scarlett Fever, Shingles, Scabies, Typhus Abdominalis, Hepatitis A or E, and even Head Lice; also, diarrhea in children under 6 years of age caused by or suspected to be caused by Vibrio Cholera, Corynebacteria, Salmonella, Shingles, and E.coli.

In any of these cases, immediately inform the school nurse at **069-954319-728** or nurse@isf-sabis.net

ABSENCES AND LEAVES

Symptoms to Watch For

Do not send your child to school if he/she shows any of the following symptoms:

- Fever above 38°C or 100.4°F in the past 24 hours
- Vomiting in the past 24 hours (or in the past 48 hours for KG)
- Diarrhea in the past 24 hours (or in the past 48 hours for KG)
- Chills
- Strep throat (infected students may return to school after taking antibiotics for at least 24 hours)
- Bad cold (with very runny nose or bad cough, especially if it has kept your child awake at night)
- Head Lice
- Conjunctivitis / "Pink Eye" (infected students may return to school 24 hours after starting eye drops or ointment)

Sick Leave Procedure

In case your child cannot attend school due to illness, you must:

- Inform the school as soon as possible by sending an E-mail to attendance@isf-sabis.net or calling **069-954319-728**
- Provide details of the illness/symptoms your child is experiencing to help the Health Center identify and manage outbreaks of the illness within the school community
- Take your sick child to a doctor for further examination in the case of a high fever or contagious illness
- Write a note indicating the reason for and length of the absence and send it with your child upon his/her return to school
- Provide a doctor's report if the student is absent for more than two days and send it to attendance@isf-sabis.net

Sick at School Procedure

In case a student falls ill while at school:

- The student must inform his/her homeroom or class teacher as soon as possible and proceed to the Health Center
- The school nurse will contact the parents and may administer medical care in line with the student's Medical Form and/or determine that the student should be sent home to recover
- Should the nurse decide that it is in the best interest for the student to be sent home:
 - The nurse will issue a "Leave Pass" that the student has to present to the security guard before leaving the school premises; without it, the student is not permitted to leave the campus
 - The parents must pick up the child as soon as possible

Other Leaves

In case a student cannot attend a class or compulsory activity for reasons other than illness:

- Parents must make prior arrangements with the student's academic coordinator
- A "Leave Pass" will be issued by the school reception only to students who have a written permission from the parents to leave the campus during school hours

VACCINATIONS

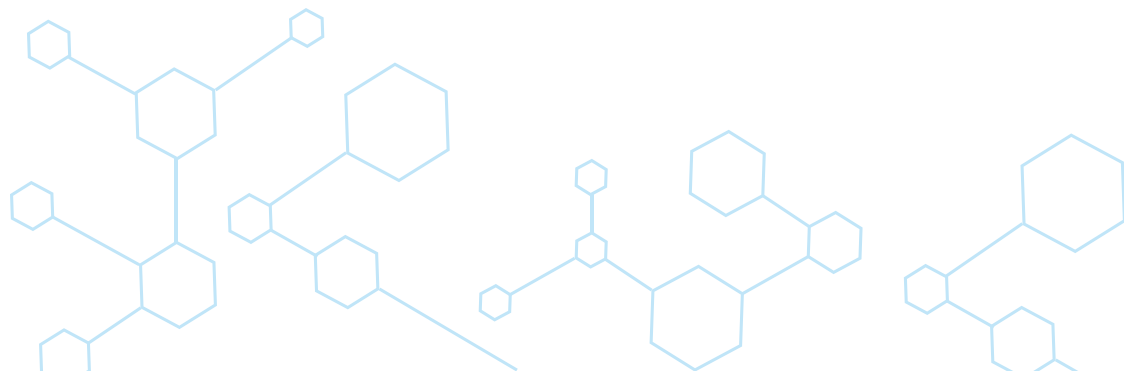
As of March 1, 2020, a new law has come into effect in Germany—The Measles Mandatory Vaccine Law.

- This law demands that **all children** must have received **2 Measles vaccines** from when they have completed their first year till their admission to a kindergarten/school as recommended by the Standing Committee on Vaccination (STIKO)

- This means that we need documented proof from all current students that they have been given both vaccines. Parents need to provide a scanned copy or a picture of **one of the following** to the Health Center via E-mail to nurse@isf-sabis.net:
 - Proof of the two vaccinations on the yellow vaccination booklet or preventative medical check-up book
 - A positive antibody testing done by the family doctor
 - A doctor's report confirming that the illness has occurred

ALLERGIES

- Parents are requested to notify the school of any allergies their child may have in writing by completing the Medical Form during the application process or by sending an E-mail to nurse@isf-sabis.net
- Parents of children with allergies consuming food from the school cafeteria/kiosk are advised to inform Sodexo, the nurse, and the homeroom teacher
- Please note that ISF canteen is not an allergy-free canteen
- Due to the risk of cross-contamination, children with severe allergy reactions are advised to bring their own meals



ADDITIONAL INFORMATION

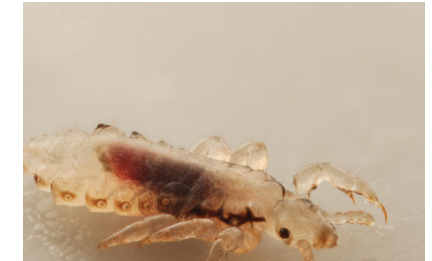
Common Diseases

1. Tick-Borne Encephalitis (TBE)



- **Description:** A serious viral disease, mostly transmitted by ticks and can reach severe stages. The virus can attack the brain and the nervous system in humans. Approximately 2% of ticks are infected with the virus in TBE risk areas. The virus migrates from the saliva of a tick across the wound immediately following a bite. Even when a tick is removed right after being bitten, the risk of TBE remains. The longer the tick is allowed to feed, the higher the risk of an infection.
- **Symptoms:** Fever, malaise, anorexia, muscle aches, headache, nausea, and/or vomiting.
- **Contagion:** Person-to-person transmission of tick-borne encephalitis has not been reported.
- **Prevention/Cure:** There is no cure for TBE. Treatment is limited to medicine mitigating the symptoms, by reducing fever and relieving pain. That is why it is vital to take precautions against the disease before it is contracted, by:
 - Avoiding tick bites by wearing the right clothes, using insect repellents and checking for ticks on your child's body and clothes that have not yet bitten.
 - Getting vaccinated against TBE if you live in high-risk areas (e.g. Bayern, Baden Württemberg, and Hessen).

2. Head Lice



- **Description:** Head lice are tiny insects that feed on blood from the human scalp. An infestation of head lice most often affects children.
- **Symptoms:** Itching, lice on scalp, lice eggs on hair shafts, and/or sores on the scalp, neck, and shoulders.
- **Contagion:** Head lice cannot jump or fly from one person to another, but can be spread by head-to-head contact with an infected person.
- **Prevention/Cure:** Please follow our announcements on SDP and treat accordingly with a lice shampoo.

3. Hand-Foot-Mouth Disease (HFMD)



- **Symptoms:** Sores in/on the mouth and on the hands, feet, and sometimes the buttocks and legs. The illness usually doesn't last more than a week or so.
- **Occurrence:** Common among children and can occur at any time of the year but is most common in the summer and fall.
- **Contagion:** Children are most likely to spread the disease during the first week of the illness.

- **Prevention/Cure:** There's no cure or vaccine for HFMD. It usually goes away on its own after 7 to 10 days.
- **Note:** Not to be confused with other diseases having similar names, like the foot-and-mouth disease (a.k.a. hoof-and-mouth disease).
- **Action:** If you suspect an infection with HFMD, please inform the teacher and Health Center immediately.

4. Influenza / Viral Flu

- **Symptoms:** High fever, severe headache and body aches, and a dry, irritating cough. In contrast to a cold, influenza typically affects not only the airways, but the entire body. The symptoms usually show quickly and violently and often subside significantly within a week.
- **Occurrence:** Often occurs in the colder months, from October onwards.
- **Contagion:** Transmitted through droplets (e.g. when sneezing, coughing or speaking), handshakes, or door handles and other objects. The risk of becoming infected is particularly higher in crowded places (e.g. public transport, schools, or shops).
- **Prevention/Cure:** An annual flu vaccination is the best way to protect yourself and others, especially recommended for risk groups, including people over 60 years of age, pregnant women, the chronically ill, and also employees and residents of old people's or nursing homes, as well as people at a greatly increased risk of infecting themselves and others, like medical staff or people in facilities with high public traffic.

5. COVID-19

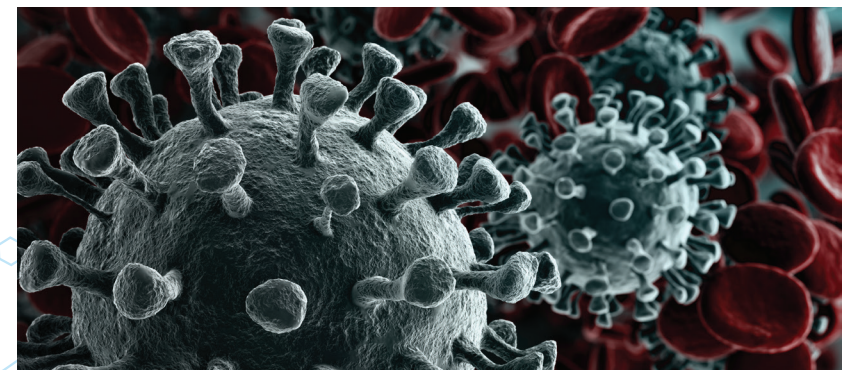
- **Symptoms:** First signs include coughs, runny nose, sore throat, fever, and sometimes diarrhea. In later stages, serious loss of the senses of taste and smell. If the course is severe, breathing problems or pneumonia can occur. Symptoms can appear up to 14 days after an infection.
- **Testing and Identification:** Testing is done through a laboratory virus test, usually done by taking a deep throat or nasal swab.

A rapid antigen self-test, done by taking a nasal swab will give the result in 15 minutes.

- **Cross contamination:** is reduced with wearing a face mask in crowded places, proper and frequent hand hygiene, cough and sneeze etiquette and social distancing. If you have been in close contact with an infected person then carry out a self test and watch out for symptoms. Reduce contact with others for 5 days.
- **Vaccination:** A COVID 19 vaccine is a vaccine intended to provide acquired immunity against severe acute respiratory syndrome coronavirus 2 (SARS CoV 2), the virus that causes coronavirus disease 2019 (COVID 19).

The COVID 19 vaccines are widely credited for their role in reducing the spread of COVID-19 and reducing the severity and death caused by COVID 19.

- **Difference between a flu and COVID-19:** Flu symptoms usually appear suddenly. Patients feel very sick within hours and often develop a high fever. A coronavirus infection tends to worsen slowly over days and is more common with a cold than the flu.
- **Action:** If you have had contact with an infected person, carry out a self test. A quarantine of 5 days starts immediately with a positive rapid test without an order from the health authority. A PCR test is required. If symptoms persist after the 5 days then self-isolation should be continued on one's own responsibility until there are no more symptoms for at least 48 hours.



EMERGENCY CONTACTS

- **EMS and Fire Brigade: 112**
Calls are free of charge and can be made from a landline, pay phone, or mobile phone, even without a SIM card. Dialling the number will direct you to an operator, who will notify the appropriate service, typically the local Rettungsdienst or Feuerwehr. It can be used for any life-threatening situation, including serious medical problems, fire-related incidents, crimes, and life-threatening situations. You can also call an ambulance or Krankenwagen through this number.
- **Police: 110**
German police can usually be identified by their predominantly green and beige uniforms, and green and white automobiles. Most German police personnel speak English and are easy to find in busy areas like airports and train stations. The number 110 can be used to contact the police throughout Germany and will direct you to the closest police station.
- **Non-emergency medical (doctor on call): 116 117**
- **Air rescue: (0711) 70 10 70**
- **Nurse advice line: 00800 4759 2330**
- **Toxic substance emergency (Federal Institute of Risk Assessment or BfR): 192 40**
- **Suicide hotline: 0800 111 01 11**
- **Kids and youth hotline: 0800 111 03 33**
- **Parental hotline: 0800 111 05 50**
- **Alcoholics Anonymous: 19 295**
- **AIDS hotline: 0180 331 94 11**

EMERGENCIES ON THE ROAD

- During emergencies or accidents on major roads like the Autobahn, you can put on your emergency lights (triangle symbol) and park on either side of the roadway or in one of the parking stops. Make sure to set up your warning triangle on the road. You should only stop in an urgent situation, as it is illegal to stop in the German Autobahn unless it's a 'real' emergency.
- If you don't have a cellphone at hand, you can use the designated orange emergency phones on the side of the highway. If there is no phone in sight, look at the white kilometer stones or posts on the roadside and search for black arrows pointing in the direction of the nearest emergency telephone.

HOSPITALS IN FRANKFURT

Berufsgenossenschaftliche Unfallklinik Frankfurt am Main - Zentrum für Unfallchirurgie und Orthopädische Chirurgie

 Friedberger Landstraße 430
60389 Frankfurt am Main

 069 475 – 0

Bürgerhospital Frankfurt am Main

 Nibelungenallee 37-41
60318 Frankfurt am Main

 069 15000

Clementine Kinderhospital Dr. Christ'sche Stiftung

 Theobald-Christ-Str. 16
60316 Frankfurt am Main

 069 94992 – 0

Frankfurter Diakonie-Kliniken

 Ginnheimer Landstraße 94
60487 Frankfurt am Main

 Phone: 069 9533 – 0

Frankfurter Rotkreuz-Kliniken

 Königswarterstrasse 16
60316 Frankfurt am Main

 069 4071 – 0

Hospital zum heiligen Geist

 Lange Straße 4 - 6
60311 Frankfurt am Main

 069 2196 – 0

Klinikum der Johann Wolfgang Goethe-Universität Frankfurt am Main

 Theodor-Stern-Kai 7
60590 Frankfurt am Main

 069 6301 – 1

Krankenhaus Sachsenhausen

 Schulstraße 31
60594 Frankfurt am Main

 069 6605 – 0

Orthopädische Universitätsklinik Friedrichsheim gGmbH

 Marienburgstrasse 2
60528 Frankfurt am Main

 +49(0)69) 67050

Sankt Katharinen-Krankenhaus GmbH

 Seckbacher Landstraße 65
60389 Frankfurt

 069 4603 – 0

St. Marienkrankenhaus / St. Elisabethen-Krankenhaus

 Richard-Wagner-Straße 14
60318 Frankfurt

 069 1563 – 0

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