Dear Parents,

As the school health care providers we would like to take this opportunity to clarify our position regarding protocols for giving medications and treatment and reporting of accidents.

All parents/guardians are requested to complete a health history sheet when applying for a place in the school. This enables us to have an idea of your child's general health and if he/she has any ongoing health problems. This sheet also requires parents to signify if we are permitted to administer over-the –counter medications if necessary to relieve minor symptoms of illness. The medications mainly consist of pain relievers, relief of digestive tract disorders and cough and cold remedies. Our principle is to medicate as little as possible and to use natural therapies as far as possible. We are firm believers in homeopathic remedies as they have no side effects and are extremely safe and effective. We will only give your child medication if you have given your consent. If your child has received any over-the-counter medication, you will receive a note explaining the reason and giving the name and dose of the medication.

With regard to homeopathic remedies, we use mainly Arnica and Nux Vomica. Arnica is an herbal remedy used for bumps, bruises and bleeding and we tend to give this automatically whenever a child bumps his head, has a nose bleed or has an injury where there is significant blood loss. Arnica is also available in cream form which we use extensively. Nux Vomica is used as a first line treatment for tummy upsets. All our homeopathic remedies are obtained from UK and are totally safe. Unless there is significant injury, we do not send a note when these remedies are given, otherwise we would need a full time secretary! If any serious injury occurs you will be immediately informed by phone. A daily record is kept of all children seen by us and of the treatment administered.

Please note that we do not give homeopathic remedies to lactose intolerant sufferers as one of the constituents is lactose.

If you would prefer that your child does NOT receive homeopathic remedies, kindly let us know by email, vmaarouf @mbisegypt.com or kgeorge @mbisegypt.com. We would like to reassure parents that as well qualified and very experienced nurses, your child's health and well- being is of paramount importance to us. If you have any comments or queries concerning your child's health, please do not hesitate to contact us.

Vivien Maarouf and Kate George