

February 3, 2020

Dear Parent or Guardian,

Cold and flu season is upon us and we have had several students out of school with colds, the flu, strep throat and the stomach virus. To prevent widespread flu/strep/stomach virus in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines.

If your child has any of these symptoms, please keep them home for observation and treatment:

- 1) **Fever**- 100 degrees or more by mouth. The student should remain home till **free of fever for 24 hours without using fever reducing medications.**
- 2) **Vomiting**- May return to school after being free of symptoms for 24 hours.
- 3) **Diarrhea**- May return to school after being free of symptoms for 24 hours.
- 4) **Strep Throat**- Must have been taking an antibiotic for at least 24 hours before returning to school.

Some healthy tips for staying healthy

Frequent hand washing is the best way to prevent and combat the spread of germs. Wash hands often with soap and water for 20 seconds.

Avoid touching eyes, nose and mouth.

If your daughter or son has any signs and symptoms of illness, please keep them home. Children who feel ill generally do not concentrate or learn well.

Cover your mouth and nose with a tissue when you sneeze or into your upper sleeve, not your hands.

Do not share drinks, food or utensils.

Disinfect surfaces that are prone to germs (ex: phones, keyboards, door knobs, toothbrushes).

These guidelines are meant to serve the best interests of all children and staff in school. If you have any questions or concerns, please do not hesitate to call.

Amy Shalala R.N.

School Nurse

215-400-7580 ext-1