

# Saint John the Baptist Parish

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## Winter Illness Prevention

Dear Parents:

As the cold and flu season arrives, I would like to remind you of a few important school policies.

- \* Please do not send your child to school if he/she has had a fever within the past 24 hours. He/She must be fever-free without the use of Advil or Tylenol for at least 24 hours.
- \* If your child has vomited the night before, please do not send him/her to school the next morning. Again, 24 hours without vomiting is necessary before return to school.
- \* Review good hand-washing habits at home to help prevent the spread of germs during the winter months.
- \* If your child needs cough drops, a note of parental permission must accompany the lozenges. The child needs to bring this note and the cough drops to the school nurse for administration. Children are not allowed to carry cough drops with them.
- \* If your child has had strep throat, an ear infection or conjunctivitis, he/she must not return to school for 24 hours after starting the antibiotic and he/she must be fever-free for 24 hours as well.

The above policies are all included in the Student Handbook and should be reviewed. If you have any questions, please contact me in the nursing office.

Thank you for your attention. I hope everyone has a healthy school year.

Sincerely,

Eileen Braley, R.N.  
School Nurse