

Dear Parents:

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

Please do not send your child to school if he or she has had a fever within the previous 24 hours. He or she must be fever free without the use of temperature lowering medications for at least 24 hours prior to returning to school.

If your child has vomited in the previous 24 hours before school, please do not send him or her to school. Again, 24 hours without vomiting is necessary before returning your child to school.

Review good hand washing at home to help prevent the spread of germs during the winter months. Also encourage your child to practice covering his or her mouth when coughing or sneezing. They should cover their mouths, completely, in their elbow to prevent coughing or sneezing into the air around them.

If your child needs cough drops, a note must accompany the lozenges. The child needs to bring this to the school nurse for administration. Children are not allowed to carry cough drops with them.

If your child has an ear infection, throat infection, conjunctivitis or any infection requiring antibiotics, he or she may not return to school until he or she has been taking the medication for at least 24 hours. Also, the child must be fever free for 24 hours as well, without the use of temperature lowering medications.

Please send your children with a refillable water bottle each day so we can help with hydration and comfort while the child is attending school.

When calling your child out sick, please include fever and symptoms each day. Please update each day of absence, defining when the child is fever free, as we are tracking the fever free days prior to returning your child to school.

Thank you for your participation in keeping our school a clean and healthy environment for your children.

Eileen Braley, R.N.

