



Note from the Nurse:

As we enter into flu season, this is a reminder that good hand washing and covering sneezes and coughs with tissues and sleeves are essential steps to preventing the spread of "germs." Also, remember that despite concerns about school attendance, your children's health (and the health of other children) is most important of all. For this reason, we ask you to please:

- Call the school nurse to let us know if your child is absent with a contagious illness such as strep throat, or the flu etc. Please provide any documentation from your physician about diagnosis and release to return to school. (Ear and sinus infections, while often a reason for keeping a child home, are usually not contagious.)
- Keep your child home if he/she has a fever of over 100.0. A fever indicates that your child has an infection that could be passed to other students. If you give your child Motrin or Tylenol, the fever will, of course, disappear but he/she will still be contagious to others. Children must be fever-free for 24 hours (without medication) before returning to school!
- Have your children wash their hands properly after using the restrooms and prior to eating.
- If the doctor prescribes medication for your child, please make sure he/she takes it as directed-which means the right amount at the right time and without missing doses.

Thank you very much for helping keep all our students healthy!