

Dear Parents,

The following are suggestions that will aid in helping to maintain a healthy school environment, keep children well and stop the spread of illness.

1st - You should be aware of the early signs and symptoms of illness such as:

- Decreased activity – droopy/tired appearance
- Irritable behavior
- Sore throat and/or swollen glands
- Runny nose and/or cough
- Skin eruptions and/or rashes (students with undiagnosed rashes are not allowed to be in school)
- Nausea, vomiting and/or diarrhea
- Abdominal pain
- Fever (100° or higher is considered a fever in Douglas County Schools and student is not allowed to be at school)

2nd - You can help:

- Check students health before they leave home
- Do not give fever reducing medication to a child with a fever and send them to school
- Keep students home when they have signs/symptoms of illness
- Be sure your student knows where you are
- Give school office current emergency contact information
- Make arrangements with relatives/friends to take care of sick children if unable to do so yourself

Click here for more information to stop the spread of germs: <http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/gen/cycpgeneng.pdf>

Please contact the school if your child comes down with a contagious illness such as strep throat, chicken pox, etc.

Thank you for your help in providing a safe and healthy school environment.

Sincerely,

Stacey Barlow, RN, BSN

School Nurse Consultant CVHS