

Dear Parents,

The cold weather (cold and flu season) is upon us. To assist us in monitoring flu-like symptoms and other illnesses, please leave a detailed message on the phone prompt (press 3) or nurse-line voicemail. Please include if they have a fever, vomiting, sore throat and/or any other pertinent information. It is to help us track “clusters” of illnesses.

Important:

Students may return to school after 24 hours fever-free (temperature staying less than 100 degrees without medications. Also, they must remain home for 24 hours after vomiting and/or diarrhea. If they are diagnosed with strep throat, they must be on medication for a full 24 hours before returning to school.

Your child's health is very important to us. In order to try to keep all of our children healthy, here are some guidelines from the health office:

- ❖ Please make sure your children dress in layers; warm coats, hats, and gloves! (Please label items with their names)
- ❖ Please reinforce good hand washing habits, especially before meals and after using the bathroom (paper towels are best)
- ❖ Please show them to cough or sneeze into their sleeve rather than their hands to prevent the spread of germs.
- ❖ Again please **keep your child home** if he/she:
 1. Has a fever (of 100 degrees or above) or has had a fever in the past 24 hours (must be fever free x 24 hours without medication before returning to school. If on antibiotics must be on them for 24 hours before returning to school.)
 2. Has had a bad cold, heavy nasal discharge, or constant cough. He/she will get better much faster with extra time at rest instead of potentially passing their germs on to others.
 3. Has symptoms of communicable disease such as red eyes with drainage, persistant sore throat, abdominal pain, cramps,diarrhea, or rash.

Tips to Remain Healthy:

At the first sign or symptom of a illness take action! Drink plenty of fluids, water, juice, non-caffeineted tea with honey/lemon. Dress appropriately and get some fresh air. Get plenty of rest and eat healthy foods. Clean surfaces frequently (ex. doorknobs, computer keyboards, and remote controls). Change out toothbrushes and wash pillow cases and hand towels frequently. Wash your hands and don't touch your face!

Also, I would also like to remind everyone that for classroom parties, we have several children who have life threatening food allergies. Some of these allergies are to peanuts, nuts, milk, and eggs. Out of concern for the safety of all our children if you are planning to send in snacks or party treats please inform the teacher so she can plan accordingly. You may also check with the health office for guidelines.