



SY 19-20

Dear Parent/ Guardian,

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With the start of school and with the colder weather just around the corner, it is time to start thinking about viral illness and coming flu season.

Here are some suggestions that will help to maintain a healthy school environment, keep children well, and stop the spread of illness:

Parents should be aware of the early signs and symptoms of illness and keep their student home if you observe any of the following:

- Decreased activity – droopy, tired appearing
- Irritable behavior – sleepy
- Sore throat / swollen glands
- Runny nose / cough
- Skin eruptions / rashes (students with undiagnosed rashes are not allowed to be in school)
- Eye drainage (excessive drainage and/or significant discomfort)
- Nausea / vomiting / diarrhea caused by illness
- Abdominal pain
- Fever (100° or higher accompanied by symptoms of illness)

Parents can help:

- Keep your student home when he or she has signs / symptoms of illness
- Give school office current emergency contact information
- Make arrangements with relatives / friends to take care of sick children if unable to do so yourself

#### **When can a child return to school?**

- The student has been free of the following condition for at least **24 hours**:
  - o Fever (without the aid of fever-reducing medication)
  - o Vomiting and/or diarrhea in the absences of other symptoms of illness
- The student has been free of the following conditions for at least **48 hours**:
  - o Vomiting and/or diarrhea when accompanied by other symptoms of illness

Please contact the school if your child comes down with a contagious illness such as strep throat, chicken pox, pertussis, diarrheal illness, etc., so we can track trends. Your confidentiality will be maintained.

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

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