



With the arrival of colder weather, we have entered the cold & 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)
- 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

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.