

Dear Parent/Guardian:

We want to keep you informed and aware of the cold and flu season:

1. A student suspected of having the flu should stay home from school. Flu symptoms include: fever (typically $\geq 100^{\circ}$ F), headache. Extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea can also occur, and are more common in children than adults.
2. A student with a fever over 100 degrees should **NOT** be sent to school. Before returning to school, the student must be **FEVER FREE FOR 24 HOURS WITHOUT FEVER REDUCING MEDICATION.**
3. People can spread the flu for up to 5 to 7 days after they become sick, which is about how long fever last with the flu. Students should stay home from school for 5 to 7 days after they become sick with the flu even if the fever goes away before then.
4. Keep the student home if there is any vomiting or diarrhea. It is recommended that you keep your student home until food has been kept down and diarrhea has stopped for 24 hours without any type of medication.
5. A rash may be the first sign of one of the many childhood illnesses. A rash or “spots” may cover the entire body or may appear in only one area. Do not send your student to school with a rash until your physician has said it is safe to do so.
6. For a toothache: contact your dentist.
7. For an earache: consult your physician without delay.
8. For a headache: a student whose only complaint is a headache usually does not need to be kept at home.
9. If a student is to be kept in from recess for more than **1 day**, a note is required from your physician.
10. Remember to urge good hand washing at all times. This is our best defense against disease.

By keeping these guidelines in mind, we are hoping to decrease the spread of communicable diseases. If you have any questions, please contact the school health office. Thank you for your cooperation.