

Families-

This is the time of year when students and parents alike get sick often. Germs thrive in this weather; they like to hop from person to person when it is cold, making our days full of tissues and sneezes. However, these steps can make spreading germs (and, as a result, not getting sick!) less likely.

- **Keep kids home** if they are not feeling well. Please report to the front office what symptoms they have/what illness they were diagnosed with from a doctor (covid, flu, norovirus, etc).
 - Use the graphic attached below a reminder on when to keep students home. **If you need to medicate your child in order for them to be well enough to go to school, they should not be going to school!** If you're not healthy, you're not learning.
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash
- **Avoid** touching your **eyes, nose, and mouth**
- **Clean and disinfect** frequently touched objects and surfaces
- **Wash your hands for AT LEAST 20 seconds**, and encourage your kids to do the same!

Hand washing is a great way to help prevent getting sick. We remind students to wash hands or use hand sanitizer when entering the school, before lunch/recess, before eating, after coughing or sneezing, and any time they go to the bathroom.

An easy way to remember, if you sing the alphabet, you've hit that 20 second mark...you are all clean and good to go!

With that being said, encourage your children to wash their hands wherever they go. And if your student is ever feeling ill, make sure to keep them home to rest. We can all help to make a great habit while also making sure our kids stay happy and healthy!



When to Keep Your Student Home From School



Temperature over 100.4 F

Must be fever-free for at least 24 hours without the use of fever reducing medication.

Vomiting/Diarrhea

Must be vomit/diarrhea free for at least 24 hours before returning to school.



Persistent Cough

Cough that is disruptive to learning.

Strep Throat

Any bacterial infection should be treated for at least 24 hours before returning to school.



Eye Infection

Should be evaluated by a healthcare provider. If antibiotics are prescribed, must be treated for 24 hours before returning to school.

Skin Rash

Any undiagnosed rash should be evaluated by a healthcare provider before returning to school.



Questions?

This list does not cover all types of illnesses. If you have any questions, please contact your student's school nurse for more information.