

February 5, 2025

Dear Parents/Guardians,

We want to emphasize the importance of keeping your child home from school, if they are experiencing symptoms of illness. Schools are seeing an increase in cases of flu and stomach viruses. If you are unsure if you should send your child to school, please contact the school nurse for guidance. If your child becomes ill during the school day, we will contact you to pick them up. Schools must have current, up-to-date contact information on file for your student.

Please do not send your child to school if he/she is experiencing:

- Fever
- Chills, body aches,
- Cough, runny or stuffy nose, sore throat, headache and /or muscle aches, • Vomiting and/or diarrhea

Your child may return to school once:

- he/she is fever-free for 24 hours without use of a fever-reducing medication **and** • is well enough for routine activities **and**
- all exclusion criteria have resolved
- he/she must stay home from school for at least 24 hours after the last episode of vomiting and/or diarrhea before returning to school

*** If you are unsure if you should send your child to school, please contact the school nurse for guidance.**

To help prevent the spread of illness:

- Stay home if you are sick
- Encourage frequent handwashing. Teach children to wash hands for at least 20 seconds with soap and water. Alcohol based hand sanitizers are an alternative when soap and water are not available, but not as good as hand washing.
- Cover coughs and sneezes. Teach children to cough/sneeze into their inner elbow or a tissue. Always wash hands after coughing or sneezing.

Dale Starnes, LPN

Buford Middle School Nurse

