

Dear Parent or Guardian:
Respiratory illnesses are continuing in our community and schools. To help keep our students well, we offer the following guidelines:

Students should NOT attend school if they have any of the following symptoms:

- Fever*
- Moderate/severe sore throat
- Persistent moderate to severe cough
- Nausea/vomiting
- Occasional diarrhea
- General feeling of being unwell
- Significant fatigue

*do not send a child to school after giving any fever reducing medications. The student is still considered contagious, and often fever spikes back up during the day.

If you child has recently been ill, review the following guidelines before returning to school:

- Students should be feeling well for 24 hours before returning to school.
- Students should be fever free without the use of medication for 24 hours.
- Students should be free of vomiting and diarrhea for 24 hours.
- Students need to be on antibiotics for 12-24 hours before returning from a strep throat diagnosis.

If you take your child to the doctor, please be sure to obtain a note and send it to the school. If your child is diagnosed with strep throat, flu or other respiratory illness that you have seen a doctor for, please notify the school when calling or email the school nurse.
As always, remind your kids of proper handwashing, and to wash frequently. Please be sure kids have a water bottle to bring to school. Many kids have headaches during the day or “scratchy throats” from not drinking enough water. **Stress the importance of not sharing a water bottle with friends,** most illnesses can be spread before symptoms start.

Thank you for your cooperation

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