



October 22, 2025

Dear PCS Families:

As we head into peak RSV/ Flu/Cold/Covid Season, I wanted to remind you of our partnership to keep our campus clean and promote healthy practices to keep our students safer and healthier here at school. Viruses spread easily among children, and it is important that we work together to continue to keep our school community healthy!

Your partnership can help prevent the spread of viruses and other illnesses by practicing the following precautions:

- If possible, you and your child can get a flu shot (We have a partnership with Walgreens)
- Remind your child **to cover their nose and mouth** with a tissue when sneezing or coughing
- Have your child wash their hands frequently with soap and water for **at least 20 seconds**
- Use hand sanitizer if soap and water are not available
- Teach your child not to touch their mouth, nose, or eyes

If your child does become sick, please keep them home, especially if they have any of the following:

- Fever (100.4 F or higher)
- Vomiting (even just once)
- Diarrhea
- Chills
- Fatigue or body aches
- Frequent congested (wet) cough
- If unsure please call the school nurse

Your child can return to school when they are:

- Fever-free without Tylenol or Motrin for at least 24 hours
- Vomit-free without medication for at least 24 hours
- Diarrhea free without medication for at least 24 hours

- Cough is not persistent or congested
- Doctor's note (if needed)

Thank you for your partnership in keeping our community safe. If you have any questions, please feel free to contact me.

Upcoming Events:

October is Breast Cancer Awareness Month (wear pink Oct 29th)

Any student can stop by the nurse's office for a pink trinket if they can share a health fact or a fact about breast cancer.

Thank you to Kids Vision For Life for doing our eye exams this month! They will resume eye exams for those kids who failed and filled out parent permission slips on **November 11th**! This only applies to the kids who failed and returned forms.

All school nurses will be pushing into classrooms to teach proper handwashing between now and Thanksgiving! This preventative step will be very effective in cutting down on the spread of germs on campus during peak flu months!

Please let me know if you have any questions about PCS School Nursing Care or Health Initiatives! As always, thank you for allowing us to be a small part of your students' health care!

Stronger together,

Virginia Wilson, BSN, RN, NCSN

Lead Nurse

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Encourage-Equip-Empower