



March 28, 2019

Parent or Guardian,

This is a letter to provide you with information to prevent widespread illness in the school. We recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines.

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever greater than 100F and your child should stay home until at least 24 hours after they no longer have a fever. This should be determined without the use of fever- reducing medicines (any medicine that contains ibuprofen or acetaminophen)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croup cough
- Lots of nasal congestion with frequent blowing of the nose

To help prevent the flu and other colds, teach your child good hygiene habits:

- Wash hands frequently
- Do not touch the eyes, nose, or mouth
- Cover mouth and nose when sneezing, coughing. Use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

Colds and influenza are the most contagious during the first 48 hours. A child who has a fever should remain at home until they are “fever free” for a minimum of 24 hours. Often when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not to bring him or her to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will help minimize the spread of infections and viruses in the classroom.

Thank you in advance for helping to keep our schools healthy.

Sincerely,

Tahoe Truckee Unified School District Nurses