



Important Health Reminders

January 13, 2012

Dear Parents,

Now that we are experiencing an increase in the number of students with flu-like symptoms, pneumonia, bronchitis, strep, stomach viruses, etc. and to ensure the health of as many students and staff as possible, we ask that you please adhere to the following health guidelines, without exception.

- **Keep your child home if they have experienced diarrhea at any time during the previous 24 hours.** *Please adhere to this even if you think the condition is due to medication they may have taken or food they have ingested.*
- **Keep your child home if they have vomited any time during the previous 24 hours.** *Please adhere to this even if you think the condition is due to medication they may have taken or a particular food they ingested.*
- **Keep your child home if, during the past 24 hours, they have had a fever.** *They need to have been fever-free for at least 24 hours, without the use of any medication (ie: no Tylenol/Acetaminophen and no Advil/Ibuprofen), before returning to school.* While the medication may make your child feel better and reduce a fever, the medication is not eliminating the underlying cause of the fever.
- If your child presents with a rash, headache, sore throat, stomach ache, or other symptoms that are making them uncomfortable, please keep the child at home to monitor them rather than sending them to school to be checked by the nurse or to see if they feel better later. Sending your child to school when they are sick potentially exposes many of their peers to viruses and bacteria that cause illness.

During this winter season we are working diligently to keep students healthy. However, the nature of the close contact that occurs in school settings, as well as sharing of materials, increases opportunities for illness to spread. We appreciate your help in keeping unwell children at home so they recover faster, do not become re-infected and do not spread illness to others.

Thank you for your support!

Laurie Picard, RN (School Nurse)