

NOTES from the School NURSE

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The year is off to a great start. Winter has arrived, and we are long into the cold and flu season.

We always strive to create a healthy learning environment for our students - so it is important not to send your child to school if they are sick.

If your child is experiencing a cold, congestion, upset stomach, temperature or just not feeling well - Even if they are not running a temperature, **please keep them at home.**

About FEVERS and other SYMPTOMS:

A low grade fever (with or without a complaint of sore throat or cough) may be viral in nature, but can still be contagious. A child with a temperature above 100 orally will be sent home from school. If your child has been out ill with a fever, please adhere to the following guidelines when deciding if your child is well enough to return to school.

- A fever is defined as an oral temperature above 100 degrees orally or an axillary (armpit) temperature of 99 degrees.
- In most mild illnesses (2-5 days duration), the fever is lowest in the morning hours, begins to increase in the afternoon, and is highest in the evening. When the child begins to recover, the temperature could be normal in the morning, but the fever may be present in the afternoon.
- If your child has had a fever, the Centers for Disease Control (CDC) recommend that you stay home for at least 24 hours after the fever has gone. Your fever should be gone without the use of fever reducing medicine (Advil or Ibuprofen).
- *The presence of other symptoms, to a significant degree, warrants keeping your child home an additional day.* These include: cough, nasal congestion, stomachache, vomiting, and diarrhea.

How to Keep Yourself Healthy

1. **Hand washing-** Use soap and water and wash for at least 20 seconds. If soap and water are not available, use an alcohol based hand sanitizer.
2. **Cover your mouth and nose** with tissues when coughing or sneezing.
3. **Avoid sharing** drinks, water bottles, silverware and pencils.
4. **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
5. **Rest and drink plenty of fluids.**

Get a FLU shot!!

We recommend these guidelines for the health and safety of all the students and to protect the medically fragile students in the class, whose underlying medical condition can be greatly exacerbated by the cold and flu. It is always best to consult with your child's medical provider if you have any concerns. The instructions given by your doctor, even when in conflict with the above guidelines, should be followed.

Thank you for your help in keeping our school healthy for all students.

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