

## FLU SEASON IS HERE

Dear Parents:

Due to the high absence level normally seen at this time of the year, we would like to give some guidelines to help with your decision on whether or not to send your child to school. Please be advised that if your child has any of the symptoms listed below he/she should not attend school:

1. Fever
2. Rash
3. Sore throat with fever
4. Persistent cough
5. Nausea and vomiting
6. Occasional diarrhea

If your child has recently been ill, please be aware of the following guidelines before having your child return to school:

1. He/she should be feeling fit for 24hr. before returning to school, athletic or social activities.
2. He/she should be free of a temperature for at least 24hrs.
3. He/she should be free of vomiting and diarrhea for at least 24hrs.
4. He/she should be on an antibiotic for at least 24hrs. before returning to school when diagnosed with strep throat.
5. He/she should be on prescription antibiotic eye drops for conjunctivitis for 24 hrs. before returning to school.
6. He/she should be home for at least 5 days after the appearance of a rash OR until ALL blisters have scabbed.

To help keep children healthy, make sure they have plenty of rest and a good, nutritious diet. Make sure they are dressed properly when playing outdoors. Please notify the school if your child has been diagnosed with strep throat, chicken pox, scarlet fever, conjunctivitis, etc.

The single most important thing you can do to keep your child free of illness is to teach them the proper way to wash hands. Make sure to use soap and rub hands together for at least 15 seconds. Rinse hands in running water and dry them thoroughly.

Please help us keep our children healthy by keeping your child home if they are ill. Remember, one sick child can spread their illness to all classmates and teachers.

Thank you for your cooperation. Jackie Schechter