

Cold & Flu Season Reminder for Parents

The peak of the cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if they experience cold or flu symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

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

- Fever (greater than 100 degrees. Your child may return to school only after his or her temperature has been consistently below 100 degrees for a minimum of 24 hours- **NOT RELIEVED WITH FEVER-REDUCING MEDICATION**)
- Vomiting (even once) in the last 24 hours
- Diarrhea within the last 24 hours
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose
- Strep is suspected---results of throat culture have not been received
- Positive throat culture for strep throat. Child may return to school no sooner than 24 hours after antibiotic has started.

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

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

Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Thank you in advance for helping make this year at school as healthy as possible.

Kristen Haenelt, RN, BSN, CSN