

Dear Parents:

The flu and other communicable viruses and illnesses are in our community. The flu is known to spread very easily. Please assess your children more than usual before sending them to school until this has passed. Please be mindful of the health and well-being of other children in the school who have less immunity than your child or have chronic problems which could result in more complicated problems. Hopefully, warmer weather and fewer illnesses are right around the corner. Additionally, please encourage your child to use good hygiene practices at school and at home to avoid illnesses. Below is some information which are good guidelines to follow and may be very helpful.

Guidelines for Keeping Sick Children Home

Each day many parents are faced with a decision: should they keep their sick child at home or send them to school? Often the way a child looks and acts can make the decision an obvious one. Please consider these guidelines:

1. **Colds:** Please keep your child at home if he/she has fever or is experiencing discomfort that would interfere with his/her ability to perform in school. If your child experiences green nasal discharge that continues throughout the day, or a cough lasting longer than ten days, or is accompanied by fever or chills and is productive of discolored sputum, consult with your physician.
2. **Vomiting & Diarrhea:** A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours.
3. **Fever:** Your child should remain at home if he/she has fever. Your child can return to school after he/she has been fever free for 24 hours **without Tylenol or Motrin, or other fever-reducing medications.**
4. **Rashes:** Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should be kept home from school until a physician is consulted. The child may return to school only after a health care provider has made a diagnosis and has authorized the child's return to school. A doctor's note or proof of prescription is needed.

A sick child cannot learn effectively and is unable to participate in classes in a meaningful manner. Keeping a sick child home prevents the spread of illness in the school community and also gives the child an opportunity to rest and recover.