

Dear Parents,

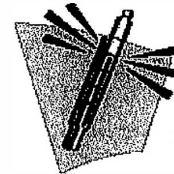
We are asking you for your continued cooperation in assisting us to control the spread of infectious diseases. Our goal is to make our school a healthy, safe place for both students and staff. We will call you immediately if your child becomes ill during school hours. You are expected to arrange for your child to be picked up as quickly as possible after receiving our call.

Please inform us immediately if telephone numbers or other information on your child's emergency card changes. The information on this card is vital for the safety and wellbeing of your child.

Please read and comply with the guidelines listed below regarding sending your child to school after an illness. Please contact the school nurse if you are not sure if your child is well enough to attend school. If your child has a communicable disease, please call and tell us the nature of the illness and when we can expect his/her return to school.

Please **do not** send your child to school if any of the following signs or symptoms is present in the previous 24 hours:

- Elevated temperature (100 degrees or greater). ***Student must be fever free for 24 hours, without the use of medication, before re-entry.***
- Acute cold, sore throat, or persistent cough
- Vomiting, nausea, diarrhea, or severe abdominal pain. ***Student must be symptom free for 24 hours, without the use of medication, before re-entry.***
- Pus-like discharge from the nose or eyes
- Red/inflamed eyes/lids
- Suspected and untreated impetigo, scabies, or lice
- Rash



Protect yourself and others from infectious diseases, such as the flu. Please use the following tips to help reduce the spread of infections:

- Wash your hands often.
- Clean surface areas where you and others work frequently.
- Cover your nose and mouth when you cough or sneeze. Used tissues should be immediately placed in the wastebasket, so that the contents do not come in contact with surface areas.
- Do not share food or beverages.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with contagious people and stay home if you are sick.
- Proper nutrition, adequate exercise and sleep also help protect you from contagious diseases.
- Stay up-to-date with immunizations, including the flu vaccine.

We appreciate your understanding and cooperation in protecting all of our students from communicable or contagious diseases.

Thank you,

Lisa Alphin, RN

Lisa Alphin, RN
School Nurse