

Cold and Flu Season

Parents, if you have a child with flu symptoms, please do not send them to school as this only allows the infection to be spread to other students, their families and the teachers here at school. A child with a fever of 100 degrees or higher, chills, vomiting, diarrhea, frequent cough, sore throat, runny nose, muscle aches and/or malaise should be kept home until the child has been without a fever for at least 24 hours. Your child should be able to participate fully in all school activities upon his/her return to school.

Remind your child to cough or sneeze into a tissue, then wash their hands; to wash after using the bathroom and before eating; and to keep their hands away from their eyes, nose and mouth unless they have washed their hands.

According to the Center for Disease Control and Prevention simple hand-washing is the single most important method of preventing the spread of infectious diseases.