



Office of School Health Services

Illness Reminder:

As we are seeing increased flu activity, we need your help to reduce the spread of germs.

- It is very important to **stay home when feeling sick, and consult with your healthcare provider.**
- Ill children should stay home until 24 hours after they are fever free without the use of fever-reducing medicines.
- Keep sick children at home for at least 24 hours after they no longer have vomiting or diarrhea.
- If your child has fever, vomiting or diarrhea today, they cannot come to school tomorrow.
- If you have any questions please contact your child's school nurse.

Reinforce opportunities for students and staff to engage in hand hygiene, respiratory hygiene, and cough etiquette.

- Hand washing should occur upon reentering the building from recess, after handling trash, before eating, after coughing and sneezing, and after using the bathroom.
- Students should cover their nose and mouth with a tissue or their upper sleeve when coughing or sneezing. Place tissue in a trash bin after use and wash hands.
- Provide adequate supplies for hand washing.