

Dear Parent or Guardian,

It's that dreaded time of year again, Cold, Flu, COVID & RSV season. Here are a few tips to help you determine if you should leave your child home. Your child is **TOO ILL** to come to school, if:

- Your child has a temperature above **100 F**. (Do not give your child fever reducing medicine then send them to school).
- If your child was sent home due to a fever, do not send your child back to school until he or she is fever free **without** medicine for at least 24hrs, minimum 72 hrs.
- Your child has vomiting or diarrhea. Must stay home from school for 72hrs.
- Your child has a cough that disrupts normal activity.
- Your child has yellow or greenish drainage from eye(s).
- Your child has a loss of appetite, they are clingy or tired, or they just don't seem to be acting "themselves". (common flu symptoms)
- Your child has shortness of breath or is wheezing.
- Your child has distracting pain from earache, headache, or sore throat.

The main question to ask is, can your child still participate in school activities? Having a sore throat, cough or mild congestion without fever does not necessarily mean that your child cannot participate in school activities. Trust your instinct. If your child has the sniffles, but hasn't slowed down at home, chances are he/she is well enough to go to school.

If your child has any of the above symptoms, please keep him/her home, or make appropriate child care arrangements. It's best to always have a back-up plan in place if you are a working parent so you don't have to send your child to school sick.

Please reinforce to your child the importance of frequent hand washing to prevent the spread of germs and covering their coughs and sneezes by coughing and sneezing into their elbow.

Please help us to promote a healthy school environment and do all of our parts to help prevent the spread of germs during this cold and flu season.

Thank you for your cooperation. If you have any questions feel free to call me (708) 668-9204.

Brenda Porter, BSN, RN, PEL-CSN