



A Note from the Nurses:

Dear Parent or Guardian,

It appears that flu season is upon us. We want to remind you how to keep your child and others healthy during this cold and flu season. To prevent widespread flu in the school, please use the following guidelines to determine whether or not to send your child to school:

Definitely keep your child at home if he or she has ANY of these symptoms:

- Fever (100.0 degrees or greater... your child may return to school only after they have had no fever without the use of medication for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, weakness or body/muscle aches
- Frequent or uncontrolled congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, reinforce your child's good hygiene habits:

- Wash or sanitize hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing with their elbow or tissue, if using a tissue throw it away and then wash or sanitize hands.
- Do not share drinks, water bottles or anything else that could increase the spread of germs
- Avoid close contact with people who are sick

Your child may return to school when all criteria are met:

- Fever is gone for 24 hours without the use of medication
- No vomiting or diarrhea during the last 24 hours
- If given antibiotics, has taken them for at least 24 hours and symptoms improving
- Appetite and energy level have returned to normal

Please be mindful of your child's teacher and classmates when trying to decide whether or not to keep them home. Keeping a sick child at home will help minimize the spread of infections and viruses in the classroom.

Students need to be healthy and feeling well in order to learn at their full potential. Please call the Nurse's Office if you have any questions

Thank you in advance for helping make this year at school as healthy as possible.

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