

DATE

Dear Parents,

It is often difficult for parents to know whether their children are too sick to attend school. For their well being, as well as for their classmates, please keep them home when they are sick. Here are some general guidelines:

You should keep your child at home if he/she has any of these symptoms:

- Fever measured orally at or above 100.
- Nausea, vomiting and/or diarrhea.
- Flu symptoms such as body aches, fever, headaches, sore throat.
- Undiagnosed skin conditions that may be contagious.
- **Keep child home until illness symptoms have subsided for 24 hours. This includes all of the symptoms listed above especially nausea, vomiting, diarrhea and fever.**

You may send your child to school with minor conditions such as:

- Ear infections (under treatment with no pain, drainage or fever).
- Minor colds (clear runny nose, coughing, sneezing; no fever).
- Strep throat or other infections (**after 24 hours of treatment and no fever**).

If your child is seen by a doctor for illness related symptoms, please ask the doctor for a note for the school that states the diagnosis, treatment, and when he/she can return to school.

We all know that it is important that students attend school on a regular basis. However, when children are ill, their needs are best met by being taken care of at home until they feel well enough to be in school.

If you have any questions/concerns, please contact your district nurse.

Sincerely,

Principal

District Nurse