Health Matters



We appreciate your partnership with us in the health and education of our students and we ask for your assistance in helping us to minimize the spread of illness.

Is your child sick?

fever

Children who have a fever today should not be in school tomorrow. Children should be fever-free without the aid of fever-reducing medications for a minimum of 24 hours prior to returning to school.

Children requiring fever-reducing medications (Tylenol, Motrin, etc) in the morning to assist in getting through the day should not be in school that day.

vomiting/diarrhea

Children who are vomiting and/or have diarrhea today should not be in school tomorrow.

overnight illness

Children who wake up during the night with a fever, vomiting, and/or diarrhea or a cough that has kept them up throughout the night should not be in school today.

let's do our part

We all have a responsibility to minimize the spread of illness. Please do not send children who are sick, still recovering from illness, or feverish to school, where the likelihood of spreading the illness is greater.

Healthy Habits: Help prevent the spread of the flu



get vaccinated

The CDC says that the single best way to prevent seasonal flu is to get vaccinated annually.

stay home

Students should be fever-free without aid of fever-reducing medications for a minimum of 24 hours prior to returning to school.

wash your hands

Wash hands often with soap and warm water. Use hand sanitizer when proper hand washing isn't an option.

cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing to help prevent those around you from getting sick.

don't touch your face

Germs are often spread by touching something contaminated with germs and then touching your eyes, nose, or mouth.

practice good health habits

Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, and eat nutritious foods.

Prevention tips courtesy www.cdc.gov/flu