



The Nurse's Corner

Flu season is upon us:

PLEASE KEEP ALL SICK OR SUSPECTED SICK STUDENTS HOME FROM SCHOOL

(a reminder can be found by clicking [here](#) as to guidelines for when to keep your child home)

PARENTS MUST call the office or complete attendance report in Infinite Campus for every absence.

SYMPTOMS WHEN STUDENTS MUST STAY HOME INCLUDE: fever of 100 degrees or greater, persistent uncontrolled COUGH, DIARRHEA, VOMITING.

Students must stay home an additional 24 hours after their last episode of fever (without fever reducing medication) vomiting or diarrhea.

Please do not send your student to school to be evaluated.

Handwashing is one of the best ways to protect yourself and your family from getting sick.

According to the CDC and various studies, people who wash their hands regularly can be significantly healthier, potentially reducing their risk of getting sick with diarrhea by 23-40% and respiratory illnesses like colds by 16-21%, effectively preventing a large portion of common illnesses simply by practicing good hand hygiene.

Symptom	Allergy	Cold	Respiratory Infection
Fever	Never	Sometimes	Usually
Sore Throat	Rarely	Usually	Usually
Itchy eyes	Always	Rarely	Rarely
Sneezing/runny/stuffy nose	Usually	Usually	Usually
Cough	Sometimes	Usually	Usually
Tiredness	Sometimes	Sometimes	Usually
Body Aches	Never	Rarely	Usually

If you have any questions, please contact the school nurses:
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