



The Nurse's Corner

Happy fall! This time of year brings cooler weather, more indoor activities and an increase in respiratory illnesses. A few simple precautions can help keep our school community healthy.

Help protect yourself and others from respiratory illnesses by:

- Washing hands frequently with soap and water
- Covering coughs and sneezes with a tissue or your elbow
- Avoid touching your eyes, nose and mouth
- Eating a well balanced, nutritious diet
- Staying well hydrated
- Getting plenty of rest
- Staying home when you are sick

When should your child stay home?

- Fever 100 or greater
- Vomiting or diarrhea
- Significant or worsening respiratory symptoms
- Any symptom that prevents them from participating in normal school activities (extreme tiredness, persistent coughing)

***Reminder: students need to be fever free for 24 hours without fever-reducing medications before returning to school**

Flu Clinic (Wednesday, October 28th) reminder: Public Health will be at the school on Wednesday, October 28, giving flu vaccines to students and staff. Please be sure to get your forms and copies of insurance cards or payment to the school.

Measles update

As of September 24, 2026:

- 3,659 cases of measles have been confirmed in the United States. This is increasing rapidly from the previous 2,289 cases reported in 2025.
- In Iowa there are currently 38 confirmed cases, this is up from 9 confirmed cases during 2025.
- The majority of these cases in Iowa are children.

Measles is highly contagious, but vaccination provides strong protection.

Per public health order if a confirmed case of measles occurs in an Iowa school, all non-immune students and staff in that building will be excluded from school for 21 days following the last potential exposure to the infected individual. Public health officials work with the schools to determine which exclusions are appropriate based on the exposures.



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

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