



9/25/18

Dear Parent or Guardian,

Cold and flu season is quickly approaching. Whenever groups of people are together there is more of a chance of spreading illness. Please help us prevent the spread of germs by teaching your children the following healthy practices:

- Cover their mouth and nose when sneezing or coughing with a disposable tissue, if possible, or with an arm sleeve if no tissue is available.
- Wash their hands often with soap and water for 20 seconds, especially before eating and after using the bathroom.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Do not share items that may come in contact with the mouth such as cups, thermoses, water bottles, utensils, ext.

There are some known characteristics of common contagious diseases. Please keep your child home from school if they experience any of the following:

- Your child is too ill to learn.
- Persistent fever that is greater than 100°F.
- Severe sore throat accompanied by fever or tiredness.
- Sore throat accompanied by red spots in the mouth or tonsillar pus. This is most likely strep throat.
- Vomiting more than twice in 24 hours.
- Diarrhea more than twice in 24 hours.
- Persistent cough that disrupts the class.
- Honey-crusted or wet sores around the nose or mouth or open rash on other body parts that can't be covered.
- A rash that begins on the back and chest, then spreads to the face and other areas (this is worrisome for chickenpox).
- A significant rash that is accompanied by fever. This is worrisome for meningitis, especially if the rash is small red or purplish flat spots on the skin that do not fade when pressed.
- Sores or blister-like lesions around the eyelids or red, painful, runny eyes.
- Any eye swelling that obstructs vision.
- Severe headache, especially when accompanied by fever.
- Rash that is a "burrow" (pale, irregular, raised line) in between the webs of the fingers.

Please call your pediatrician if any of the above occurs or you have any other concerns.

Thank you for your cooperation and helping us make a safe and healthy school environment.

Sincerely,

Heather Hosking, RPA-C/C. Jay Ellie, MD  
School Physician