Dear Parents,

The cold and flu season is upon us. To help prevent the spread of these and other viruses, it is important to follow some simple guidelines.

**Do not send a sick child to school.** If your child exhibits or has exhibited in the last 24 hours one or more of the following symptoms:

- Fever: A temperature of greater than 100.0 F
- Pain in the abdominal or chest regions
- Aches
- Dizziness
- Sore throat
- Cough
- Vomiting
- Diarrhea

**Do not send your child back to school too soon!** District 142 policy requires keeping him/her home until all symptoms disappear. If a fever exists, keep your child home for at least 24 hours after his/her temperature returns to normal without the use of fever reducing medication.

Sending your child back to school prematurely not only jeopardizes his/her health, but the health of other children and staff members.

Provide plenty of rest and fluids during an illness and practice good hand washing techniques.

**Attendance calls should be made by 8:30 am.** If your child will not be in school, make sure you contact the school office. If you leave a message, please include the child’s name, teacher, and room number.

Thank you in advance for your cooperation.

Rosemary Eichorst, RN, BSN
School Nurse