

OFFICE OF LEWIS COUNTY SCHOOL NURSES

January 22, 2020

Dear Parents/Guardians:

The peak of the cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your student stay home from school if experiencing flu or cold symptoms.

Keep your student at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees and your student may return to school only after his or her temperature has been consistently below 100 degrees, WITH OUT MEDICATION, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough

By keeping a sick child at home, it can minimize the spread of infections and viruses in the classroom.

To help prevent the flu and other colds, teach your student:

- ✓ Wash hands frequently
- ✓ Do not touch eyes, nose or mouth
- ✓ Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- ✓ Avoid close contact with people who are sick.
- ✓ NO EATING OR DRINKING after anyone.

As a school, we have our custodians and the night time cleaners disinfect surfaces, door knobs, and banisters on a daily basis. We are also ensuring that there is soap and hand sanitizer in all dispensers and encouraging everyone to remind students about the importance of hand washing.

Thank you in advance for helping to make school as healthy as possible.

Sincerely,

Chasdity 'Casey' Rittenhouse RN, BSN

Lewis County School Nurse