

Dear Parents/Guardians:

Cold and Flu season is here... please review our school health policies as to when to keep your child home.

Reminder: Haverhill School Health Services Policies

If your child is sick with:

- Fever over 100.4°F/38°C
- Vomiting
- Diarrhea

He or she must stay home **until** symptoms have been gone for 24 hours. If your child was dismissed from school with these symptoms he or she cannot return the next day (less than 24 hours after symptoms occurred). **Remember that your child needs to be fever free without the use of medicine that reduces fever, like ibuprofen or Tylenol for 24 hours prior to returning to school.**

If your child has:

- Unknown rash
- Strep throat or suspected strep throat
- A contagious disease such as conjunctivitis (pink eye) or impetigo

He or she must be seen by a doctor and given permission to return to school. Please provide me with this documentation. If your child was prescribed antibiotics, he or she has to take the medication for 24 hours before returning to school.

Ways to Stay Healthy

- ❖ Wash your hands thoroughly with soap and water or a hand sanitizer
- ❖ Avoid touching your eyes, nose, and mouth with unwashed hands
- ❖ Cough or sneeze into a tissue or your sleeve
- ❖ Keep shared surfaces, such as handles, computers, and phones clean
- ❖ Keep your child home when he or she is sick
- ❖ Get a full night sleep
- ❖ Eat breakfast every morning

Reminder to make sure your child dresses appropriately for the weather. If weather permits we do go out for recess. Children should have warm coats, hats and mittens.

Please call me with any questions or concerns. Thank you for your help in keeping our student population healthy and ready to learn!

RaeAnne Hallahan, RN
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