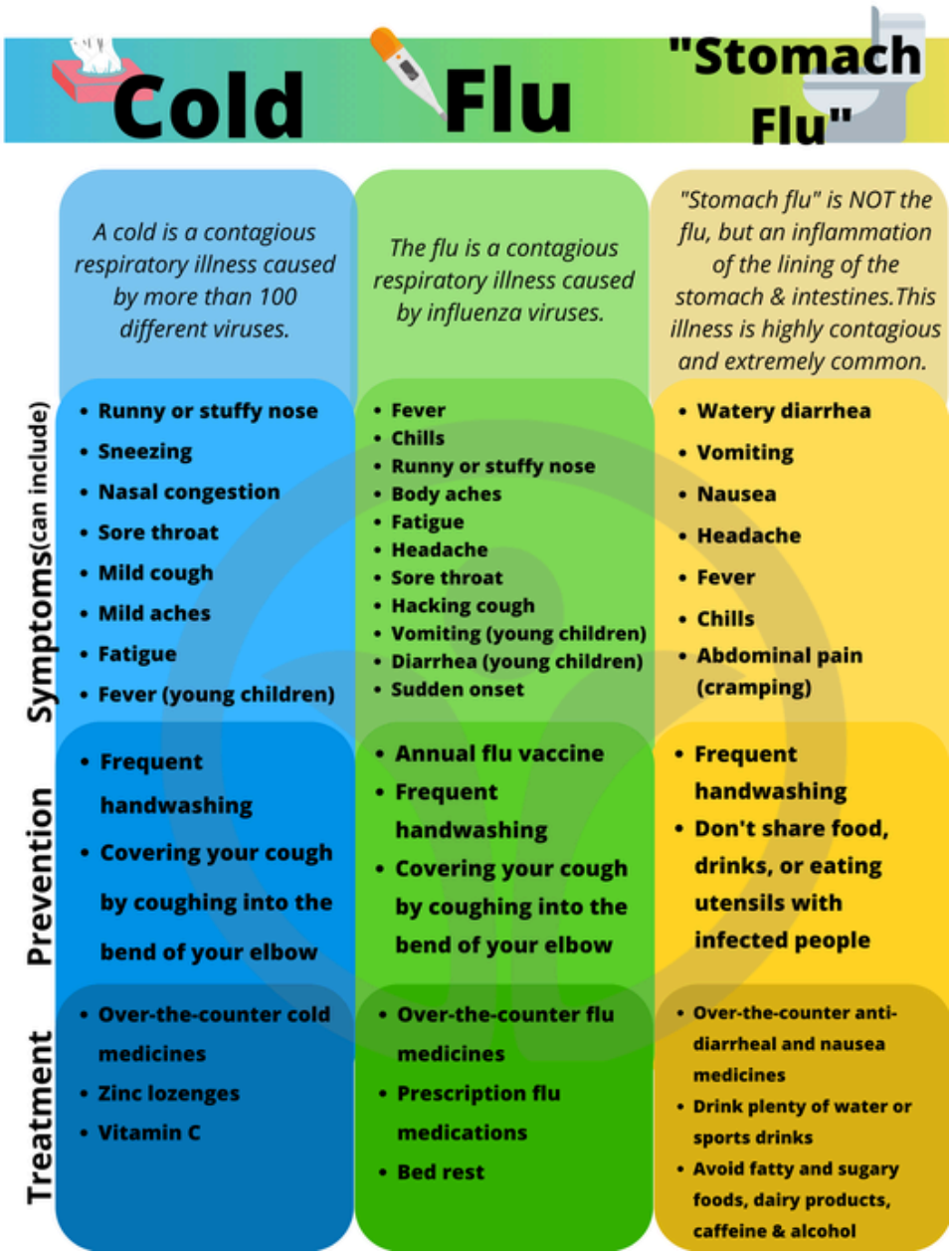
Is it a cold? The flu? A stomach bug?

Unfortunately with the winter months comes illness. This time of year we tend to see an increase in the stomach bug, the flu, and common colds. While all illnesses can make children feel miserable, they have different causes, symptoms, and treatments.



When to stay home….

Please keep your child home to rest when they do not feel well. It is difficult for them to learn and concentrate when they are sick.

- **Stay home for 24 hours after last episode of vomiting or diarrhea**
- **Must be fever free without the use of medication (Tylenol or Ibuprofen) for 24 hours prior to returning to school**
- **Stay home with persistent cough**
- **Stay home if too tired to participate in school activities**
- **Stay home for 24 hours after first dose of antibiotics when prescribed for infections**

The best way to prevent illness…..

Washing our hands. Help your child practice the **5 steps** of hands washing!!!

1. Wet hands
2. Apply soap
3. Scrub your hands for 20 seconds-backs fronts, between fingers, around wrists
4. Rinse hands
5. Dry hands

Here is a fun video to watch: Hand-washing heroes

Thank you for helping us keep Flo-Ro healthy!!