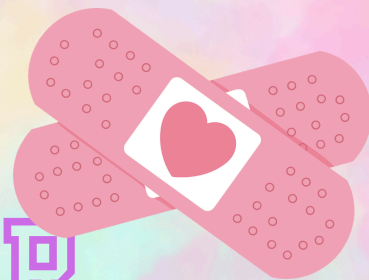


NURSE



NEWSLETTER

Student Illness Checklist

As flu and other virus cases are on the rise please use this guide to determine if your child should stay home or when your child is ready to return to school after an illness.

If you answer NO to any of the questions below, your child should remain home.

Symptom	Yes	No
My child has been fever-free for 24 hours WITHOUT medication.		
My child has had no more than one watery stool in 24 hours.		
My child has NOT vomited in the past 24 hours.		
My child has a cough but is able to cover their cough, wash hands, and it will not impede their learning or the learning of others.		
My child has a runny nose but can blow their own nose and wash hands afterwards.		
My child's symptoms overall have improved.		

Important Notes:

- This information sheet is intended as **general guidance.**
- If you have specific medical concerns, please consult your child's physician.
- Please notify the school if your child tests positive for any communicable disease, including **COVID-19, influenza (flu), strep throat, etc.**

Illness Prevention

- Remind your child to wash their hands frequently
- Sneeze or cough into their elbows
- Avoid putting their hands in their mouths, eyes, and noses.
- Not share personal items such as cups, utensils, or food.
- Stay active, drink lots of water, get plenty of sleep and eat a balanced diet.

Thank you for helping us keep our students and staff healthy.