**Health Illness Guidelines**

It is our goal to keep our students as healthy as possible. Your cooperation by following the following guidelines is greatly appreciated and will help us provide a healthy learning environment for your child.

* Fever over 100° F: Please keep your child home for at least 24 hours after his or her fever is gone without fever-reducing medication.
* Vomiting: Please keep your child home for 24 hours after his or her last episode of vomiting.
* Conjunctivitis/Pink Eye: Please keep your child home until he or she has been on antibiotic drops for 24 hours or your doctor has determined he or she is no longer contagious. This would include no more mattering or drainage from the eye and your child is able to keep from touching his/her eye(s).
* Diarrhea: Please keep your child home for 24 hours after his or her last episode.
* Strep Throat: Please keep your child home until you have received the results of your child’s strep test and it is negative or until he or she has been on antibiotics for 24 hours and is without fever.
* Rash: Please keep your child home until your doctor has determined whether the rash is or is not contagious. If it is, please keep your child home until it is no longer contagious.
* Chicken Pox: Please keep your child home until all of the blisters have dried into scabs.

If it is cold and flu season. What can YOU do to prevent spread of influenza?

* Get vaccinated.
* Be aware of flu symptoms: Fever, headache, fatigue, cough, sore throat, and body aches.
* Practice hand hygiene, cover your cough and sneezes with a tissue or sleeve, and stay home from school when you are sick.
* Routinely clean and disinfect commonly used areas and frequently touched surfaces, whether or not anyone has influenza in your home. Many bacteria and viruses can live on surfaces for some time - including those that cause flu.