

January 28, 2019

Sunrise Families,

We are seeing widespread Influenza and Influenza-like illness in Minnesota. As a reminder, **the school policy is that students must stay home from school until they are 24 hours free of fever without the use of fever-reducing medications such as Tylenol**. A fever is defined as a temperature that is 100 degrees or higher. Students should also remain home if the cough is uncontrollable. Because Influenza is still contagious up to a week after the first symptoms, an uncontrollable cough causes the virus to spread.

We would also like to remind you that that school policy is that students stay home 24 hours from the last episode of vomiting. This is crucial to control the spread of stomach viruses within our school.

When calling your student in sick, please be specific and list all of the symptoms they are experiencing on your voicemail. For more information on Influenza symptoms, treatment and prevention [click here](#). For review of school policy on infectious illness [click here](#).

Sincerely,

Vanessa House, RN
Licensed School Nurse at Sunrise Park Middle School