



IT'S COLD OUTSIDE

Cold temperatures and the start of flu season is upon us. As a district, we want to take this opportunity to remind parents that District 129 follows the guidelines put in place by the Kane County Health Department, the Illinois Department of Public Health and the Center for Disease Control for the prevention and treatment of common childhood illness.

If your child is presenting with any of the **following symptoms**, please notify your school's attendance line and keep them home from school until they are **symptom free for 24-hours**.

- **Fever greater than 100 degrees**
- **Vomiting or diarrhea two or more times in 24-hours**
- **Pink eye that includes drainage**

The following steps will assist in the prevention of transmission of communicable diseases and provide a safe and healthy learning environment for all school children. Please contact the school nurse if you have any questions.

Limit the Spread of Germs

- **Wash hands frequently: Hand washing is the single most effective means to preventing the spread of infections.**
- **Cover coughs and sneezes by using the inside of the elbow.**
- **Clean and disinfect toys, eating areas, and areas for toileting.**
- **Do not share food, eating utensils or drinking glasses**

Reduce the Spread of Head Lice

- **Do not share hats, scarfs, hair accessories or brushes**
- **Inform the school if your child has lice or nits**
- **Wear long hair in a ponytail while treating for head lice**