

OFFICE OF THE SCHOOL NURSE

Southern Local School District

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Dear Parents/Guardians:

With the flu season already beginning, we have had several kids out sick. I just wanted to send out a friendly reminder about when your child should stay home from school. Your child should not attend school until he/she has been fever free for 24 hours without fever-reducing medication. This includes if your child was sent home from school with a fever; in this case, the child should not attend school the next day. Also, if he/she has vomited throughout any point in the night or in the morning prior to school, he/she should stay home.

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose, or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away, and then wash hands
- Avoid close contact with people who are sick

If you have any questions regarding whether or not to send your child to school, please feel free to contact me.

Sincerely,

Courtney Bolyard, RN