

Dear Parent or Guardian:

As the holiday season allows us to spend more time with family and friends, it also brings with it the peak of respiratory illness and flu season. To prevent widespread illness in the school, we recommend that your child stay home from school if experiencing flu or respiratory illness (such as RSV) symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

**Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:**

- Fever (greater than 100 degrees and your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)
- Vomiting
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough

**To help prevent the flu and other respiratory illnesses, 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.

Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

As a school, we have our custodians disinfect surfaces, door knobs, and banisters on a daily basis. We are also ensuring that there is soap and hand sanitizer readily available and encouraging everyone to remind students about the importance of hand washing. Please also take the time to click on the links below for illness guides for parents from the Centers of Disease Control and Prevention (CDC) and SC DHEC.

- [https://dph.sc.gov/sites/scdph/files/2024-07/2024-2025\\_SCHOOL\\_CHILDCARE\\_EXCLUSION\\_LIST\\_20240708.pdf](https://dph.sc.gov/sites/scdph/files/2024-07/2024-2025_SCHOOL_CHILDCARE_EXCLUSION_LIST_20240708.pdf)
- <https://www.cdc.gov/respiratory-viruses/tools-resources/health-care-providers.html>

Our school nurses track trends of flu, COVID and RSV. If your child has been diagnosed with any of these illnesses, please contact your school nurse.

Thank you in advance for helping make this season and school year as healthy as possible.