

MONTGOMERY TOWNSHIP SCHOOLS

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Dear Parents and Guardians:

The start of cold, flu and gastrointestinal illness season is upon us. These illnesses can spread easily, but there are steps that can be taken to prevent this. Please review the quick health reminders below to refresh on ways you can help keep our schools healthy.

Symptoms to Watch For:

- Fever $\geq 100.4^{\circ}\text{F}$
- Cough or sore throat
- Runny/stuffy nose
- Body aches, headache, extreme tiredness
- Vomiting or diarrhea

Keep Your Child Home If They Have**:

- **Fever:** Return after **24 hours fever-free** (without the use of medicine)
- **Vomiting & Diarrhea:** Return **24 hours** without vomiting or diarrhea
- **General illness:** Able to fully participate
- **Frequent wet/croupy cough:** Symptoms improved
- **Heavy congestion:** Can manage independently

Help Prevent Illness:

- Wash hands often
- Cover coughs/sneezes (elbow)
- Avoid touching face
- Use hand sanitizer
- Avoid close contact with sick individuals

Reminder!

Illnesses are **most contagious in the first 48 hours**. If symptoms are mild or unclear, observe at home before school.

**There may be school specific notifications dependent on trends and direction from the Montgomery Township Health Department. If you are sent notice from your child's school that states a different return to school procedure, please follow that specific school's notification.

Thank you for your partnership!

Montgomery Township School District Health Services