

Hello CC Families!

Welcome back to school! As we return to school, so do the germs! Recently, we have seen an uptick in students with cold and flu-like symptoms (fever >100.4 , stuffy nose, sore throat, body aches, chills, cough, increased fatigue, nausea, and vomiting). We are also seeing sporadic students with stomach illness (nausea, vomiting, diarrhea, with and without low-grade fever).

To better assist our community and mitigate the spread of illness, please keep students home when they are sick and do not allow them to return to school unless they are free from vomiting, diarrhea, and fever for **at least** a full 24 hours without using fever-reducing medications. More information for disease-specific recommendations can be found on the CC website [here](#). We are taking measures to increase deep cleaning of high-touch surfaces within the school.

Please remind your student to continue good respiratory etiquette by covering coughs and sneezes using a tissue or inner elbow. Masking around others when they are sick is also helpful in preventing the spread of respiratory illness.

Encourage them to utilize the hand sanitizing stations located throughout the building. [Hand sanitizer](#) will not eliminate all types of viruses or bacteria but works great when soap and water are not easily accessible. Preferably, [wash hands with warm water and soap](#) for at least 20 seconds after using the restroom, blowing noses, and before eating. Avoid touching your face, eyes, ears, and mouth with unwashed hands to reduce the risk of germs entering your body and making you sick. Other respiratory prevention measures can be found [here](#).

The nursing office does have rapid point of care testing available during school hours for covid-19/Influenza A & B, and Strep A throat tests if a student or staff member is showing symptoms of these illnesses. If the nurse feels a student would benefit from testing, a parent would be notified, and a parent consent would be needed.

Flu vaccines can help prevent severe infection. Flu vaccines are available at your local pharmacy, physician's office, or [local health department](#). You may also take advantage of the Alana Foundation coming to CC to administer flu shots on October 13, 2026. To schedule a flu shot with Alana Foundation, visit the bottom of the nurses page [here](#) to see the flyer.

Try to focus on healthy habits to strengthen your immune system, like prioritizing sleep and staying well hydrated with water. Eat healthy, nutritious meals with lean protein, whole grains, healthy fats, and plenty of fruits and vegetables. Visit [Real Food](#) for more information. Limit processed foods and added sugar. Spend time outdoors and in sunlight every day. Complete 30 mins of activity daily (walking, dancing, yoga, yardwork, etc.). Decrease stress where possible. Here are some tips to improve air quality in your home: [Cleaner Air CDC](#).

The flu season typically runs through May, so we need to be vigilant in protecting ourselves and our community and those who are at higher risk of severe complications related to flu.

-Nurse Helm