

From the Health Office

Cold/Flu Season is Here

Stay home if:

- Fever of 100.4F or higher without medication
- Multiple episode of vomiting or diarrhea
- New cough or congestion
- Yellow or green discharge from eyes, ears, nose
- Severe sore throat, especially with other symptoms
- Unexplained rash or pink eye (requires medical clearance)
- Other signs of illness

For students with chronic condition, a medical note is required for any new or worsening symptoms to confirm they are not contagious.

24 hour rule:

- Keep your student home for 24 hours fever free without medication
- Keep your child home until 24 hours after the last episode of vomiting or diarrhea
- Keep your child home until 24 hours after the first dose of antibiotics

As, always, please encourage students to practice good hygiene by washing their hands and covering coughs and sneezes.

Our school have health assistants and a nurse on site should your student ever have a health concern or question. If you have any questions, please contact the front office.

