## NORTH CLAY MIDDLE SCHOOL



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Dear Parent/Guardian,

Please remember to keep children home if they are vomiting, have diarrhea, fever, and/or chest pain. Please consult with your doctor if your child becomes dehydrated, experiences dizziness, confusion, breathing difficulties, worsening cough, or symptoms do not improve in 3-5 days.

Students should be fever free for 24 hours (without fever reducing medication, Tylenol, Advil, Motrin, Ibuprofen, etc.) before returning to school. Students with temperature of 100 degrees or more shall be sent home.

The following are suggestions to help keep healthy during flu season.

- Cover: Teach students and staff to cough or sneeze into one's elbow or upper sleeve or use a tissue when coughing or sneezing. Immediately discard the used tissue in the wastebasket.
- Clean: Encourage frequent hand washing, particularly after coughing or sneezing. An alcohol-based hand cleaner will also work if water is not available.
- Contain: Ill students should not attend school.

Please contact your school nurse if you have questions on when your child can return to school.

Sincerely,

Lynn Stoelting R.N.