

Flu Season Is Here

Dear Parents,

Due to the high absence level normally seen at this time of year, we would like to give you some guidelines to help with your decision on whether or not to send your child to school. Please be advised that if your child has any of the symptoms listed below he/she should not attend school.

1. Fever
2. Rash
3. Sore throat with fever
4. Persistent cough
5. Nausea and vomiting
6. Occasional diarrhea

If your child has been ill, please be aware of the following guidelines before having your child return to school.

1. He/she should be feeling fit for 24 hours before returning to school, athletic or social activities.
2. He/she should be free of a temperature (less than 99.6F) for at least 24 hours.
3. He/she should be free of vomiting and/or diarrhea for at least 24 hours.
4. He/she should be taking an antibiotic for at least 24 hours before returning after a strep throat.
5. He/she should be on prescription antibiotic eye drops for conjunctivitis for 24 hours before returning to school.
6. He/she should be home for at least 5 days after the appearance of a chicken pox like rash or until all blisters have scabbed.

To help keep your children healthy, make sure they have plenty of rest and a good, nutritious diet. Make sure they are dressed properly when playing out of doors. Please notify the school if your child has been diagnosed with strep throat, chicken pox, scarlet fever, etc.

The single most important thing that you can do to keep your child free from illness is to teach him/her the proper way to wash their hands. Make sure he/she uses soap and rubs his/her hands together for at least 20 seconds or the time it takes to sing "The ABC Song". He/she should then rinse his/her hands in warm running water and dry them thoroughly.

Please help us keep our children healthy by keeping your child home if ill. Remember, one sick child can spread his illness to all his classmates.

Thank you for your cooperation.

Sue Bukowski, RN, CSN
St. Thomas the Apostle
School Nurse