

## Note from the Nurse:

As we continue into flu season, this is a reminder that good hand washing and covering sneezes/coughs with tissues and sleeves are essential steps to preventing the spread of "germs." Also, remember that despite concerns about school attendance, your children's health (and the health of other children) is most important of all. For this reason, we ask you to please:

- Email the absence line at [hmsabsence@hcpss.org](mailto:hmsabsence@hcpss.org) to let us know if your child is absent. Please indicate if your child has a contagious illness such as strep throat, or the flu etc. Please provide any documentation from your physician about diagnosis and release to return to school. (Ear and sinus infections, while often a reason for keeping a child home, are usually not contagious.)
- Keep your child home if he/she has a fever of over 100.0. A fever indicates that your child has an infection that could be passed to other students.

**\*If you give your child Motrin or Tylenol, the fever will, of course, disappear but he/she will still be contagious to others. Children must be fever-free for 24 hours (without medication) before returning to school!**

- Have your children wash their hands properly after using the restrooms and prior to eating.

Regarding the gastrointestinal illness that is circulating with symptoms of vomiting, diarrhea, nausea, fever and abdominal cramps: gastrointestinal illnesses can spread quickly from one person to another through contact with an infected person and contaminated surfaces.

**Remember the best way to prevent and control an infection is by frequent and thorough handwashing with soap and water along with frequent cleaning of high contact surfaces.**

Additionally, ill persons should not return to school until they have been without symptoms for at least 24-48 hours so they have time to rest and feel back to normal.

If your child currently has symptoms named above, make sure they drink plenty of fluids to prevent dehydration and encourage increased hand washing. If symptoms become severe, contact your physician.

Thank you very much for helping keep all our students healthy!

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