

Dear Families,

We have come to the time of year to expect cold and flu symptoms. Some of these are unavoidable but there are several things you can do at home to help prevent illness and keep everyone feeling healthy. Here are some tips to remember:

WASH, WASH, WASH YOUR HANDS! This is still the best defense against illness. Encourage your children to wash, especially before meals, using soap and warm water. To ensure they are taking enough time to adequately kill germs, have them sing the ABC song while scrubbing.

Get plenty of rest. School age children should get 9-11 hours of sleep each night. Grownups should try to get 8 hours.

Drink lots of fluids and eat a balanced diet - especially breakfast!

Dress appropriately for cold weather. Please help your child choose warm, comfortable clothing for school each day, including socks. Make sure they are wearing a coat and you may want to consider a hat and gloves as well. Even in cool weather they need the exercise and fresh air during recess.

Unfortunately, even with the best care, a virus can make us sick. Cold symptoms are best relieved with rest and fluids and last up to 10 days. If symptoms persist longer than this, the child should see a physician. Please keep in mind the guidelines below when deciding if your child should come to school. Any child with the following symptoms should stay home:

-A fever 100.4 degrees or higher. A child should not come back to school **until the temperature is normal for 24 hours without medication.**

-vomiting or diarrhea

-a frequent cough

-any rash accompanied by a fever

-ear pain and/or eye drainage

-sore throat with a fever and/or rash

Please call if you have any questions or would like to discuss your child's illness. It is very important to be able to reach you in the event your child becomes ill at school. Please make sure you have completed the emergency notification form on the parent portal. Have a safe and HEALTHY winter!

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