

We urge you to keep children with symptoms of cold or flu at home. Please read guidelines below to help you decide if you should keep them home from school.

Consider keeping your child home for extra rest if they have.....

**Very stuffy or runny nose and/or cough
Mild sore throat (no fever, no exposure to strep throat)
Headache**

Definitely keep your children at home for an extra day of rest if they have.....

**Fever greater than 100 without the use of Motrin or Tylenol
Chills
General tiredness or not feeling good
Frequent congested (wet) cough or croup-sounding cough
Lots of nasal congestion with frequent blowing of nose**

Stomach symptoms are not part of cold or flu symptoms but for good health sake follow these guidelines for staying home and preventing spread of disease.....

**Vomiting (even just once)
Diarrhea**

To help prevent the flu and other viruses, teach children to:

- Wash their hands frequently**
- Not touch their eyes, nose or mouth**
- Cover their mouth and nose when sneezing and coughing and only use tissues once**
- Avoid close contact with people who are sick**
- Do not share drinks and food with others**

A cold or flu spreads most easily during the **first 48 hours**. A child who has a fever should remain at home until the fever has been **lower than 100** degrees for **24 hours**. Usually, antibiotics are not given for simple colds and flu. Strep throat or ear infections may require antibiotics. A child taking antibiotics should be **on the medication for 24 hours before returning to school**. A child may awaken with unclear complaints, which could be a cold or flu; it is wise to observe him or her at home for an hour or two before deciding whether to bring him/her to school. Many of you do this already and we greatly appreciate it!!!!

A child should be physically able to participate in all school activities when returning to school. Keeping a sick child at home will help reduce the spread of colds and flu in the classroom. It is a VERY long day for a child who is sent to school sick.

