



Happy Valley School

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★ *Character* ☆ *Leadership* ★ *Academic Success*

Dear Parent or Gaurdian:

We recommend that your child stay home from school if experiencing cold/flu symptoms.

Consider keeping your child at home for a day of rest and observation if he/she has any of the following symptoms:

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

Definitely keep your child at home for treatment and observation if he/she has any of these symptoms:

- Fever (greater than 100 degrees. Your child may return to school ONLY after his/her fever has been below 100 degress for 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, muscle pain/aches
- Lots of nasal congestion with frequent blowing of the nose

To help prevent the flu and other colds PLEASE teach your children good hygiene habits:

- Wash hands frequently
- Do not touch nose/eyes/mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

Colds are the most contagious during the first 48 hours. A child who has a fever should remain home until “fever free” for a minimum of 24 hours. A child who has started on antibiotics, consult with your physician regarding your child returning to school, usually they should be on antibiotics for 48 hours before considered non-contagious and able to return to school. Often when a child awakens with vague complaints (the way colds/flu) begin it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school.

Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Thank you,

Happy Valley School Nurse