

SAINT JOSEPH SCHOOL  
HEALTH OFFICE

Dear Parents/Guardians:

With cold and flu season upon us, in order to prevent the spread of illness among students and staff, it is important to remind parents that when a child is ill:

- **Keep sick children at home** for at least 24 hours if they have a temp of 100 degrees or higher. They may return to school after they no longer have a fever or signs of fever for 24 hrs (without using fever-reducing drugs). Keeping children with a fever at home will reduce the number of people who may get infected.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees F, 37.8 degrees C or greater). Cough, sore throat, runny or stuffy nose, body aches, headache and feeling very tired. Some people may also vomit or have diarrhea.
- A child may return to school after 24 hours on an antibiotic, provided there is no fever and the child feels well enough to function in school.
- Keep in mind, certain contagious diseases such as chicken pox, scarlet fever, head lice, stomach flu etc. may require your child to be out longer than 24 hours, please consult your doctor or school nurse.

Prevention is important to reducing the spread of illness, please encourage your child:

- to wash their hands often, especially before/after eating, using the bathroom, blowing their nose etc.
- to cough into their forearm/elbow instead of their hands.
- not to share food and drinks

If your child is home sick please call the school. If you leave a message please be specific. Some examples:

Fever 100 degrees or higher  
Diarrhea  
Headache  
Other - please explain

Vomiting  
Productive Cough  
Sore Throat  
Runny Nose

If your child is absent for 5 or more days due to sickness, a doctor's note is required upon return to school.

Thank you for your consideration in this matter.