

Dear Parents,

The following healthy habits will help your child as well as our school community. Please reinforce the following general health habits at home:

- Wash hands frequently for at least 20 seconds. Studies have shown that washing hands at least 5 times a day can help reduce the chance of getting sick. Remind your children to wash their hands after using the bathroom, after coughing, sneezing or blowing their nose and before eating. Your child can bring individual wipes or hand sanitizers for use in the lunchroom before lunch.
- Keep the spread of germs down by avoiding sharing items (food, pencils, etc.) and by avoiding putting hands or other objects in your mouth, nose, or near your eyes. When drinking from the water fountain do not put your lips on the fountain.
- Dress appropriately for the weather (hats, gloves, long pants, etc.). We will have outdoor recess if the temperature is above freezing.
- Get at least eight (8) hours of sleep each night.
- Eat regular meals and include lots of fresh fruits and vegetables in your diet. Drink water throughout the day. Even slight dehydration can cause drowsiness, dizziness, or headache.
- ***If your child is sent home or stays home due to illness it is expected that he/she remain symptom free without the use of medication for 24 hours before returning to school.*** Symptoms that warrant keeping your child home include: fever of 100 degrees or higher, red eyes with yellow drainage, unexplained rash, cough that makes your child uncomfortable, severe ear pain or ear drainage, nausea, vomiting, and diarrhea
- If your child has a throat culture, *please do not send your child back to school until you know the results of the culture.* If your child has a positive throat culture for strep they must may return once clinically recovered according to your physician's advice and on prescribed medication. It is recommended that you discard the old toothbrush and use a new one after 48 hours on antibiotics. Please inform the school of a strep diagnosis so that we may send notices that alert other parents to look for symptoms in their children.
- Speak with your health care provider about flu vaccination.
- If your child is well enough to be in school, it is expected that he/she will participate in gym and/or recess unless they have a doctor's note.

Thank you for your help in this matter.

Sincerely,

Vicki Alssid, RN

