

Sunday, November 18, 2018

**Dear Parent/Guardian**

With cold and flu season upon us, please keep the following guidelines in mind when deciding whether to send your child to school.

**Students SHOULD remain home for the following reasons**

- **For a temperature greater than 100 degrees**

Children should be fever free for 24 hours before returning to school and not taking fever-reducing medication to control symptoms.

- **If diagnosed with a strep infection**

Students need to be on an antibiotic for a minimum of 24 hours, fever free, and feeling well before returning to school.

- **If your child has vomited or had persistent diarrhea during the night or in the morning before school**

- **If your child has a heavy, moist productive cough, chest congestion, or discolored nasal drainage**

- **If your child has pinkeye (conjunctivitis)**

Students need to have completed 24 hours of medication, and have no visible redness or discharge before returning to school.

Students returning to school should be kept home until they have been symptom free for 24 hours. This is important for your child's health and the health of his/her classmates.

**Please continue to remind your child of the importance of frequent hand washing, healthy eating, and proper use and disposal of tissues during this cold and flu season.**

It is very important to notify the school nurse immediately of any physician confirmed illnesses such as strep throat, pinkeye, or chicken pox so we can alert classmates' parents in order to help control the spread of infection.

In addition, if your child has a fever at school and needs to be picked up, please come within the hour to take your child home. This is for the comfort of your child as well as to limit the time of exposure to other children and staff.

**Thank you so much for your needed support**

**School nurse**

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