

Dear Parents:

As we begin this new school year, we renew our commitment to promote good health for all students. We invite you to join us in our effort to keep kids healthy by preventing the spread of contagious illnesses at school.

Most illnesses are spread from person to person through coughing, sneezing, or touching something that is contaminated, then touching the eyes or mouth. Many illnesses can be prevented if we teach children to:

- Wash hands frequently with soap and water, or use alcohol based hand sanitizers if soap and water are not available.
- Cough and sneeze into your arm.
- Keep the body's immune system healthy by eating nutritious foods, getting plenty of rest and exercising regularly.
- Keep immunizations – including flu shots – up to date.

Children who become ill should stay home from school in order to prevent spreading illness to other students. Your child should not come to school if they have:

- Fever greater than 100 degrees
- Productive or persistent cough
- Undiagnosed rash
- Nausea/Vomiting or diarrhea
- Been recommended to stay home by your Health Care Provider

If your child is absent due to illness, please contact the school with a brief explanation of your child's symptoms. This helps us monitor the types of illness affecting children at school. **Also, please be sure that the school has current, up to date and accurate phone numbers so that we can contact you if your child becomes ill during the school day.**

Children are welcome to return to school after they have been free of symptoms for 24 hours or have been released by a Health Care Provider.

We look forward to working with you to promote a safe and healthy learning environment for all students!

Sincerely,