

Dear Parents,

Cold and flu season occurs in the fall and winter. The peak of flu season has occurred anywhere from late November through March in the United States.



A few friendly reminders....

Please do not send your student to school if she/he has had:

- 1 A Fever more than 99.7 F within the last 24 hours (School policy says “student must be fever free without the aid of medication”). We send students home if their temperature is 99.7 F or greater.
- 2 Vomiting or Diarrhea within the last 24 hours. Student must be able to hold down a regular meal and/or stools have returned to normal for 24 hours.
- 3 Continuous Coughing not relieved with cough medicine.

McLouth School District does not allow any school personnel, including the school nurse, to give any medication without a FORM signed by the parent. This includes all over the counter medications, even cough drops. Elementary students are not allowed to carry cough drops, inhalers or even chapstick in their pockets or in their back packs. Middle School and High School students may self-carry these items for their own personal use. Forms are available in the office or online at www.McLouth.org

Preventing the spread of illness is important to us and we greatly appreciate your assistance. Please help us teach and encourage good health habits to protect themselves and others by using the following:

- GET PLENTY OF REST AND EAT NUTRITIOUS FOODS
- DO NOT SHARE DRINKWARE OR EATING UTENSILS
- DRINK PLENTY OF GOOD FLUIDS (NO SUGARY DRINKS)
- COUGH OR SNEEZE INTO A TISSUE OR BENT ELBOW
- WASH HANDS WITH SOAP AND WATER OR USE A HAND SANITIZER

Since students need to be picked up when they become ill at school, make sure the school has your most current phone number(s) so we may contact you if needed.

Thank you in advance for working with us to keep students and staff healthy and in school.

The School Nurse and Principals