

MANISTIQUE AREA SCHOOLS
FROM THE OFFICE OF THE SCHOOL NURSE



Dear Parent or Guardian:

The peak of the cold and flu season is upon us and we have had one student that **tested positive for the flu**. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Please keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees by mouth and your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)
- Vomiting
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested cough or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, please reinforce the following with your children:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours. A child who has started antibiotics needs to be on the medication for 24-48 hours before being considered non-contagious and no green, yellow, tan/brown or thick nasal drainage should be present for your child to be able to return to school. Your child should be physically able to participate at their baseline in all school activities upon return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom. Thank you in advance for helping make this year at school as healthy as possible. Our maintenance staff continues to work hard at cleaning and disinfecting the school building.

Sincerely,

Julie Toennessen, RN School Nurse