

Dear Parent/Guardian

Currently there is a high rate of colds, flu, and other common illnesses being reported in our community. These seasonal viruses can affect both children and adults.

**Please take a few moments to go over the following information with your child:**

- Do not share food, drinks, or personal items.
- Cover your cough, wash your hands.
- Cough or sneeze into the elbow bend of the arm or into a tissue then wash your hands.
- Wash your hands after recess or gym, before eating or preparing food, after using the restroom, blowing your nose, coughing, or sneezing.

Hand washing is the most effective way to keep germs from entering our bodies. To wash your hands effectively use plenty of soap and water; scrub the palms of hands, fingernails, around wrists, between fingers, and under rings for 30 seconds. Rinse well and dry hands after washing.

**You will be asked to take your child home if there is:**

- A new or sudden onset of a rash, or unusual marks on the skin, with or without fever.
- Skin lesions or sores that are “weepy” or draining, and cannot be covered with a bandage.
- A fever of 100.5 degrees or higher.
- Vomiting.
- Diarrhea.

Most illnesses are short lived without complications. However more serious conditions may develop. If you have any concerns about your child’s health please contact your health care provider.

If you need information about health insurance please contact your school nurse or call 503-257-1732.

Students may return to school after they have been without fever or vomiting or diarrhea for at least 24 hours, without the use of fever reducing, or other medication to relieve symptoms.

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Principal

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School Nurse