

Merry Christmas from Nurse Kris

It’s hard to believe it’s almost Christmas break which also means colder weather! Unfortunately, with colder weather comes coughs, colds, runny noses, and fevers. Please keep children at home if they are sick and not feeling well, your child may be carrying something very contagious.

*~Remember the 24 Hour Rule of Thumb~*

***Students may return to school after the following:***

*-****24 hours*** *without a temperature/fever (>100 degrees Fahrenheit)****and******without****taking fever reducing medications such as Tylenol or Advil/Motrin.*

*-****24 hours*** *without nausea, vomiting, diarrhea (****and****tolerating a normal diet).*

*-****24 hours*** *of receiving medication for treatment of illness/infection (such as antibiotics, eye ointments).*  
  
 If your child still seems tired, pale, with little appetite, not tolerating solid foods, and generally "not him/herself", **PLEASE do not** send him/her to school.  Some viral illnesses may take longer before your child is well enough to return to school. If you send your child to school to "see how they feel in a little while", you are potentially exposing other students, and our staff, to a communicable illness.  This ripple effect exposes classmates and then their siblings and family members to the illness.

Also, please remember our medication policy found in your **Parent Information Guide**. **All** medications, prescription and non-prescription, must be **brought to the nurse** by a **parent or guardian**, this also includes cough drops.

Have a happy and healthy holiday break!