



Dear Parent or Guardian

To prevent widespread colds and 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.

**Consider keeping your child at home for an extra day of rest and observation if he\she has any of the following symptoms:**

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

**Definitely keep your child at home for treatment and observation if he\she has any of these symptoms:**

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

**In the classroom students are encouraged to:**

- Wash hands frequently and not touch eyes, nose or mouth.
- When sneezing or coughing, children are taught to sneeze into their elbow instead of their hands.

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 48 hours before considered non-contagious and able to return to school. Often when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not to bring her/him to school. Your child should be physically able to participate in all school activities on return to school. Please note that any child that exhibits symptoms or vomits while at school will be sent home.

Thank you in advance for helping make this school year as healthy as possible.

Country Day Faculty and Administration