

Cold and flu season is upon us. To control the spread of contagious illnesses, please use the following guidelines when deciding whether your child should be sent to school or remain home. Please continue to observe your child for illness and fever. The symptoms of the flu include:

- Fever (usually high)
- Headache
- Muscle aches
- Chills
- Extreme tiredness
- Cough
- Runny nose may also occur but is more common in children than adults.

Stomach symptoms, such as nausea, vomiting, and diarrhea, may also occur but are more common in children than adults.

Your child should stay home from school for:

- Vomiting or diarrhea within the last 24 hours
- Fever over 100°F within 24 hours
- Severe cold symptoms which leave your child tired and unable to participate in their normal activities
- For contagious conditions and infections treated with antibiotic – must be on antibiotic or treatment for at least 24 hours before returning to school.

Following a fever-related absence, your child's temperature should be normal for 24 hours before returning to school.