

A message from the school nurse:

The Flu Season is in full swing now. Please check with your doctor about getting the flu vaccine for your student.

CDC Flu Prevention Recommends you take 3 Actions:

- Get vaccinated. Everyone 6 months of age and older should get a flu vaccine every year.
- Preventative Steps. Take actions every day to help stop the spread of germs.
 - Wash your hands often! With soap and water! Especially after coughing or sneezing.
 - Keep your hands away from your eyes, nose and mouth.
 - Avoid close contact with anyone who is sick.
 - Get plenty of rest and exercise.
 - Teach these steps to your children and other family members.
- Seek Treatment from your doctor when necessary.

To help stay healthy and decrease the spread of illness in the school, we are encouraging all families to adhere to the following guidelines for sending your child to school.

- Please keep your child home from school if he/she is experiencing any of the following symptoms:
 - Diarrhea, Vomiting, Persistent cough, Severe head cold, Severe sore throat, Fever of 100 degrees or more
 - It is advised that a student should be fever free without the use of medication for twenty-four hours before returning to school.