

Dear Parents,

We are currently seeing an increase in the number of cases of **flu** and **strep throat** at school. In an effort to keep our students and staff healthy, we recommend that your child stay home from school if they are experiencing strep throat or flu symptoms. If your child has these symptoms, please bring them to the pediatrician for further evaluation.

STREP THROAT SYMPTOMS: Fever, sore throat, headache, nausea and/or vomiting.

FLU SYMPTOMS: Fever, headache, sore throat, nausea and/or vomiting, diarrhea, cough, congestion, runny nose, fatigue, body aches and/or chills.

Keep your child at home if he/she has any of these symptoms:

- Fever (greater than 100.4 degrees and your child may return to school only after his or her temperature has been consistently below 100.4 degrees, **without medication, for a minimum of 24 hours**)
- Vomiting or Diarrhea (even once)
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent and persistent congested (wet) or croupy cough

To help prevent the flu and other colds, remind your child(ren) of good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing

Thank you for your cooperation,

Marissa Herrmann
School Nurse, Saint Gilbert School