



## A Friendly Reminder From the Nurse



### WINTER WEATHER

Now that the cold weather is finally here, please make sure your child is properly dressed. Although it is winter, students will be going outside for recess unless the wind chill is below 20 degrees. The New England weather can be finicky, so please dress them daily with layered clothing. Don't forget the jackets, hats, mittens and boots when necessary.

**Please also remind your children NOT to share their hats and scarves.**

### COLD AND FLU

Winter is the time of year for the cold and flu. In order to try and reduce student illnesses, viruses and colds, here are some guidelines for when your child should stay home from school.

1. Fever greater than 100.4 or no fever but child is achy, pale and tired. **Students should be fever free without medication for 24 hours before returning to school.**
2. Episodes of vomiting or diarrhea. Students should have no vomiting or loose stool 24 hours before returning to school.
3. Nasal discharge that is green in color and continuous.
4. Sore throat with swollen, tender glands and/or fever.
5. Cough with colored phlegm, cough with fever, cough with chest pain or wheezing.
6. Earache with continuous pain and/or fever.
7. Rash with blisters and/or discharge.
8. Child refuses to eat prior to school and is complaining of stomach discomfort.

**Please remind your child to frequently wash their hands.**

Thank you for your support.  
The Nursing Office