

GREENCASTLE COMMUNITY SCHOOL CORPORATION

Influenza (flu) season is upon us. To prevent widespread flu in the school, as well as other common illnesses such as strep and gastrointestinal viruses (stomach “bug”), please use the following guidelines to determine whether or not to send your child to school.

Definitely keep your child at home if he or she has any of these symptoms:

- Fever (100.0 degrees or greater... your child may return to school only after his or her temperature has been consistently below 100.0 degrees without fever reducing medication for a minimum of 24 hours). **No fever after giving your child fever reducer does not mean they are no longer contagious and cannot spread illness to others!**
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, weakness or muscle aches
- Frequent congested (wet) or croupy cough

To help prevent the flu and other common illnesses, reinforce good hygiene habits:

- Wash hands frequently. Good handwashing is key to preventing the spread of illness!
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

If your child has any episodes of vomiting, diarrhea, or fever, keep your child at home.

Even if they are feeling better and want to attend school, **do not send the student to school.** Our custodians are working hard to keep desks and common surfaces disinfected to help limit the spread of germs. However, no amount of cleaning will limit the spread of germs if students who are ill are at school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Students need to be healthy and feeling well in order to learn at their full potential. If you have any questions please call your child's school and ask to speak with the school nurse.