

# WE ARE STILL IN COLD AND FLU SEASON...

A FEW FRIENDLY REMINDERS...



Please do NOT send your child to school if he/she has or has had:

- Fever of more than 100 degrees within the last 24 hours (must be fever free without medication)
- Vomiting or diarrhea within the last 24 hours
- Continuous Coughing not relieved with cough medicine

Weber School District does not allow ANY school personnel, including the nurse, to give ANY medication without a school district medication authorization form filled out and signed by the parent and the doctor. This includes ALL over the counter medications, even cough drops. These forms are available in the front office.

As many people are getting colds and the flu we would greatly appreciate your assistance in preventing the spread of illnesses in our school. Please help us teach your children good health habits to protect themselves as well as others:

- Get plenty of rest
- Eat a nutritionally balanced diet
- Keep hydrated by drinking plenty of water and healthy fluids (soda does not count)
- When coughing or sneezing, cover the nose and mouth by coughing or sneezing into a tissue or elbow
- Practice frequent hand washing with soap and water, as this is one of the best ways to prevent the spread of germs. Wash your hands for a full 20 seconds (sing the Happy Birthday Song or Row, Row, Row Your Boat while washing your hands).

Since students need to be picked up when they become ill at school, we need CURRENT telephone numbers and contact information. Please make these changes on Power School as soon as possible, so we are able to contact you when needed.

Thank you in advance for working with us to keep students and staff healthy and in school!

*Patricia Lords* BSN RN

School Nurse