

Stop the Spread of Germs!!!

*** *What's going around??? Many reports of strep throat and the stomach bug****

Keep Healthy: We live in a germy world, but our bodies are ready to help us fight if you give it what it needs. Here are some tips on ways to keep your child healthy:

- Hand Washing/Hand Hygiene
- Adequate Sleep (9-11 hours each night)
- Balanced Meals with Fruits & Vegetables
- Adequate Fluids
- Physical Activity after School
- Personal Hygiene (bathing, brushing teeth, & combing hair)

Fever: If your child has a temperature of 99 degrees or more, parents should keep their children home. Often if you have low grade fever, you are coming down with an illness. **Students need to be fever free for 24 hours before returning to school.** Tylenol, Ibuprofen, and other similar medications will bring a fever down, but it does NOT mean that the child is still not sick.

Vomiting & Diarrhea: Keep them home -- Vomiting and diarrhea are not considered "normal". Often children will feel better after vomiting, but will quickly become ill again. Please keep them home until they are **vomit/diarrhea free for 24 hours.**

Antibiotic Treatment: If your child is on any type of antibiotic, such as for strep throat, pink eye, etc., **keep them home until they have been on the antibiotics for at least 24 hours.** If they are going to continue on antibiotic treatment at school, be sure to follow the school's medication policy. Please follow your doctor's orders for antibiotics. Stopping them when the child feels better may cause the child to become sick again. Giving them the entire time the doctor prescribes will help ensure that the infection has been treated.

Head Lice: If your student is found to have head lice, the family will be notified and instructed regarding treatment and precautions. Parents **MUST** treat and take measures to help decrease the chance of spreading lice. Head lice **is very treatable.** Everyone in the family, including close contacts, should be checked for head lice and treated, if found. Many different treatment methods are available. **Combs, brushes, hats, headbands, or other hair clips should NOT be shared, as this often leads to the spreading of lice among family and friends.** Children with long hair need to be checked nightly and should come to school with hair combed through **and** in a ponytail. **I highly recommend the preventative sprays for helping to repel head lice.**

Any questions or concerns with your child, please call (217) 742-9551 Ext. 302.

Mrs. Coon
School Nurse

