



DATE _____

Dear Parent or Guardian:

The cold and flu season is approaching. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines.

Consider keeping your child at home for a day of rest and observation if he or she has any of the following symptoms:

- Stuffy or runny nose and/or a cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

Definitely keep your child at home for treatment and observation with any of these symptoms:

- Fever greater than 100 degrees by mouth
(Your child may return to school only after his or her temperature has been consistently below 100 degrees for a minimum of 24 hours without fever reducing medication.)
- Vomiting (even once) and/or Diarrhea
- Chills
- Fatigue, discomfort, weakness or muscle aches
- Frequent, congested or wet cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently.
- Do not touch eyes, nose or mouth.
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands.
- Avoid close contact with people who are sick.

Please remember, keeping a sick child at home will help minimize the spread of infections in the classroom. Your child should be physically able to participate in all school activities on return to school. Thank you for helping to make this school year as healthy as possible.

Sincerely,

A handwritten signature in cursive script, appearing to read "M. Makowski".

Principal

Alina Alonso, MD

Alina Alonso, MD
Director
Florida Department of Health – Palm Beach