



Patricia Capitelli
Beverly Luciano

Superintendent
School Nurse

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Dear Parents/Guardians:

With cold and flu season upon us, please keep the following guidelines in mind when deciding whether or not to send you child(ren) to school.

If a child exhibits any signs of illness, he/she should not attend school. If symptoms occur at school or if your child is deemed unable to participate in the day's lessons or activities, you will be called to take him/her home.

Examples of illness include but are not limited to:

- Runny nose that is excessive and/or discolored mucus
- Body aches / Severe pain or discomfort
- Fatigue
- Cough
- Diarrhea
- Vomiting: If your child vomits at night, please do not bring them to school the next day.
- Elevated temperature of 100 degrees Fahrenheit or higher
- Sore throat
- Eyes with discharge (Conjunctivitis/ Pink eye)
- Skin rashes
- Difficulty breathing
- Enlarged lymph nodes (swollen glands)

If your child is diagnosed with an illness, please report it to the School Nurse. Students must be fever free and symptom free for 24 hours. In accordance with Board approved Policy 5200 and Policy 8451, please adhere to the procedures listed below for re-admittance after an illness:

- A student returning from an absence of any length of time must provide a written statement that is dated and signed by the parent or guardian listing the reason for the absence.
- A student who has been absent for a non-communicable illness for a period of more than three school days must be accompanied by a physician's statement of the student's illness with medical clearance to return to school.
- A student who has been absent by reason of having or being suspected of having a communicable disease must present to the school nurse written certification by a physician who has personally examined the pupil.



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Here are a few things you can do to help since flu conditions are now more severe.

- Teach your children to wash their hands often with soap and water. You can set a good example by doing this yourself.
- Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. If they don't have a tissue, they should cough or sneeze into their upper sleeve, not their hands.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Extend the time sick children stay home for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have gone away.
- If a household member is sick, keep any school-aged brothers or sisters home for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.
- Don't send children to school if they are sick. Any children who are sick at school will be sent home. Staying home when sick will allow your children to rest and allows you to monitor their health closely. Keeping your sick child home is the responsible thing to do. It protects fellow students and school staff, especially those who are at higher risk of severe illness from the flu.

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu.

If you have any questions, please feel free to contact me at (973)956-0010 ext. 2200.

Sincerely,

Beverly Luciano
Washington Park School Nurse