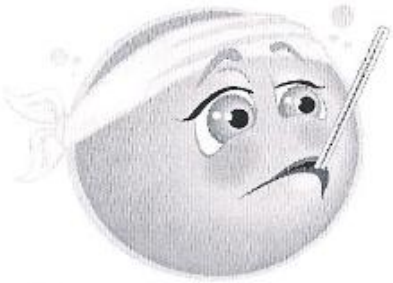

Flu Season is Approaching

Deciding when a child is too sick to go to school can be a difficult decision for parents to make. When trying to decide, use the guidelines below to help you.

Go To School – If you child has any of the following symptoms, they should probably go to school:

- Sniffles, a runny nose and a mild cough without a fever
  (This could be an allergic response to dust, pollen, or seasonal changes.)
- Vague complaints of aches, pains or fatigue
- Single episode of diarrhea or vomiting without any other symptoms

Stay at home – If your child has any following symptoms, please keep your child at home, or make appropriate child care arrangements.

- APPEARANCE, BEHAVIOR – unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child from school.

• EYES – thick mucus or pus draining from the eye or pink eye. With pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.

• FEVER – temperature of 100 degrees Fahrenheit or higher. Remember that a child must be fever free for 24 hours before returning to school.

• GREENISH NOSE DISCHARGE, AND/OR CHRONIC COUGH – should be seen by a health care provider. These conditions may be contagious and require treatment.

• SORE THROAT – especially with fever or swollen glands in the neck. (With Strep throat, the child may return to school after 24 hours on antibiotics.)

• DIARRHEA – 3 or more watery stools in a 24 hours period especially if the child acts or looks ill.

• VOMITING – vomiting 2 or more times within the past 24 hours.

• RASH – body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious.