

Uniondale Public Schools

Student Health Services

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Dear Parents,

With the cold and flu season upon us, here are a few suggestions to help you determine if your child should come to school or stay home. Keep this in a handy spot for quick reference.

- **Fever last night** – Keep them home at least 24 hours fever free without Tylenol or Motrin before returning to school.
- **Threw up** last night or this morning but feels okay. Keep them home for at least 24 hours without throwing up.
- **Diarrhea** this morning or last night. Keep them home for 24 hours without diarrhea before returning to school.
- **Persistent cough** that could be disturbing to the rest of the class, runny green colored discharge from nose, discharge from eye. Keep them home.
- If your primary care provider puts them on **antibiotics**, keep them home for 24 hours after starting medicine.
- **DO NOT** bring your child in for half of the day saying he/she feels better after being ill all morning.
- Remember, if your child is well enough to come to school, he/she should be well enough to participate in all school activities. This includes physical education as well as going outside to recess.

Many children insist on coming to school even though as parents we know they shouldn't. It is unfair to your child, their classmates and the school staff to allow them to come if they are not well. If you have any questions, please call the health office at your child's school. Thank you.

For more information, see the back of this notice and please visit:

<http://www.flu.gov>

<http://www.cdc.gov/flu>

<http://www.health.ny.gov/diseases/communicable/influenza/seasonal>

Flu is a serious contagious disease that can lead to hospitalization and even death. You have the power to protect yourself and your family this season with these three actions to fight flu.

1. **Get a flu vaccine.** Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible. A yearly flu vaccine is the first and most important step in protecting against the flu. As long as flu viruses are circulating, it is not too late to get vaccinated!
2. **Take everyday actions to stop the spread of germs.** Wash your hands often with soap and water, cover your nose and mouth with a tissue when you cough or sneeze, and wash your hands often with soap and water. If you become sick, limit your contact with others to keep from infecting them.
3. **Take flu antiviral drugs if your doctor prescribes them.** If you get the flu, medicine, called antiviral drugs, can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.