



Building Bridges for today's students to cross into tomorrow's world with equity, innovation and optimism

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Joseph Mercora
Principal

To: Upper Nyack Elementary School Families
From: Mr. Joseph Mercora *J.M.*
Re: Tips for controlling the spread of illnesses during this time of year
Date: November 6, 2017

We have all seen the ads to start getting our flu shots. Cold and flu season is upon us. This is just a courtesy memo from us to you to assist you in decreasing the spread of illness by adhering to the following guidelines and suggestions.

1. Keep your child home if they are experiencing flu like symptoms. These can include fever, sore throat, headache, body aches and cough. Nausea, vomiting or diarrheas are also symptoms.
2. Encourage frequent hand washing or hand sanitizing especially after bathroom use and before eating. At home the child should have a towel for their use only.
3. Remind your children to cover coughs and sneezes with their forearms.
4. Discourage children from touching their eyes, nose and mouth.
5. Ensure your child is drinking plenty of water, eating healthy and getting adequate sleep.
6. When should your child return to school after being out sick?
 - When they are fever free for 24 hours without the use of fever reducing medication.
 - No vomiting or diarrhea for 24 hours.
 - No medication used to reduce these symptoms for 24 hours.

Please make sure our school nurse has a working contact number for someone who is available and authorized to pick up your child should they become ill at school.