

## Healthy Habits regarding Cold & Flu Season

Cold and flu season has arrived! As a result, we are seeing more and more students in the clinics with communicable illnesses.

Below are PCPS Health Services guidelines regarding exclusion periods for sick children as well as some preventative tips. Please adhere to these guidelines and make note of the suggested habits. Let's work together to keep our school community and our homes as healthy as possible!

Exclusion Periods: Please do NOT send your student to school if he/she has or has had:

1. Fever of 100 degrees within the last 24 hour (must be fever free for 24 hours without medication).
2. Vomiting or diarrhea within the last 24 hours.
3. Continuous coughing not relieved with cough medicine.
4. Strep throat. Students may return 24 hours after starting antibiotics.
5. Please check with the School Nurse or your doctor about other illnesses.
6. Please remember to notify the School Nurse or Front Office if your child has a contagious illness!

Helpful Tips for Staying Healthy:

1. Frequent hand washing is the BEST way to prevent and combat the spread of germs! Wash hands often with soap and water or hand sanitizer. (Pro Tip: Sing the Happy Birthday song twice to wash long enough.)
2. Cover coughs and sneezes with a tissue or use an elbow or arm if no tissue is available.
3. Do not share drinks, food, or unwashed utensils.
4. Get plenty of rest, eat healthy foods, and drink lots water and healthy drinks (soda doesn't count!)
5. Avoid people that are sick and **stay home** when you are sick.
6. Disinfect surfaces that are prone to germs (ex. phones, keyboards, door knobs, toothbrushes).
7. Get you immunizations like the flu mist or shot.

For more information, visit [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO for the most current information about the flu.

Thank you for your consideration of others when your student might be contagious.

Sincerely,

*PCPS School Nurses*