



# CARMEL CENTRAL SCHOOL DISTRICT

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**JOHN PISCITELLA**  
*Principal*

January 31, 2020

I wanted to review some Health practices and reminders as this is the season that there is usually an increase in illness.

Please discuss with your child that it is best practice to cough into their elbows and wash their hands after blowing their noses. Washing hands is the best way to prevent the spread of infection. Remember to encourage them to get enough sleep, eat healthy, drink plenty of water, try to prevent touching your eyes, nose and/or mouth until you have washed your hands.

Please keep in mind, if your child has a fever of 100 or higher they must remain home until they are fever free for 24 hours.

We understand that illness can happen quickly. Please have contact information that is up to date at the school and someone is available to pick up your child in the event they become sick in school.

For more information, please see the Nurse's Notes on the Carmel Central School webpage.

Please feel free to contact the Nurses' Office with any additional questions at 845-228-2300 ext. 516. We are here to help keep our children and school as healthy as possible.

Thank you,

A handwritten signature in blue ink, appearing to read 'John Piscitella', is written over a light blue circular background.

John Piscitella  
Principal



*Cultivating Opportunities*