

# Helpful Tips for Cold and Flu Season

The New Holstein School District encourages regular school attendance for all students. Unnecessary absences have a negative effect on school performance and on student's attitude towards school. Here are some helpful tips and guidelines to help determine when you should keep your student home in order to promote quicker recovery and prevent the spread of illnesses at school.

**FEVER:** A fever is a sign that there is an infection somewhere in the body. Children should be kept home with an oral temperature of 100 degrees or higher. It is school policy that a student stay home until they have been **free of a fever for 24 hour WITHOUT using medication.**

**VOMITING:** Children should be kept home 24 hours after vomiting has subsided and are able to keep food and liquids down.

**DIARRHEA:** Three watery stools in a 24 hour period would be considered diarrhea. Children with diarrhea should be kept home until the diarrhea has stopped for 12 hours.

**EYE INFECTION:** Students with red, sore eyes that also have white, yellow or green drainage present should be kept at home and consulted with a physician. Once a student has been on antibiotics for 24 hours, they may return to school unless a doctor states otherwise.

**HEADACHE:** Headaches are a common experience for some children. Generally, a student can remain at school with a headache, unless the headache is accompanied by other symptoms such as fever, vomiting or the headache is a result of a head injury. In either of these cases students should be at home and consulting a physician is recommended.

**Colds:** Unfortunately, colds are a common occurrence in the classroom. A child may come to school with a cold, unless a fever (as described above) or a persistent cough or thick prolonged congestion is present then the child should see a healthcare provider.

**Rash:** A rash is difficult to determine if a student may attend school. A rash may be a sign that an illness is beginning or has ended. If you are unsure whether to send your child to school with a rash, please contact your health care provider to guide your decision.

**\*The New Holstein School District staff cannot diagnose an illness. They may suggest you consult your healthcare provider in order to ensure your child is safe to return to school. The school also encourages frequent and proper HANDWASHING, the use of tissues, and coughing and sneezing into your sleeve to limit the spread of illnesses.**

Please contact Kimberly Olson at 898-4769 at extension 4048 with any questions or concerns.