

November 17, 2022

Dear St. Joseph School Families,

Cold, influenza and stomach flu season has arrived. The number of doctor confirmed influenza cases is on the rise in our community. Here at St. Joseph, we are taking our regular cold and influenza season precautions to avoid the spread of illness, including disinfection of frequently touched surfaces and reminding students and staff to wash their hands often. We ask that you please keep your child home if they are sick.

Influenza comes on suddenly. Many people feel tired, high fever, headache, dry cough, sore throat, runny or stuffy nose, sore muscles, and vomit/diarrhea. Antiviral medications can make influenza milder, so please see the doctor if you think your child may have it. Please let the school know if your child is diagnosed with doctor confirmed influenza, and which type it is if you know.

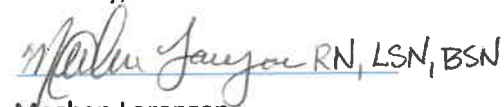
Our School Policy states that you should NOT send your child to school if he/she has:

- Temperature of 100.3 degrees or greater in the past 24 hours
- Vomiting in the past 24 hours
- Diarrhea in the past 24 hours
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school) or other infection requiring antibiotics, such as conjunctivitis or pink eye
- **Children must be symptom free for 24 hours, without the use of medication, before returning to school.**

If your child becomes ill at school and the teacher or school nurse feel the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. Please help us in getting through this season by: reminding your child to wash their hands often or use hand sanitizer if water is not available, cover their coughs and sneezes with tissues/or elbow when tissues not available, get a flu shot, and get plenty of sleep and extra hydration.

Any questions or concerns, do not hesitate to reach out! Thank you for partnership in keeping our school healthy!

Sincerely,



Meghan Lorenzen

Licensed School Nurse