



As we enter the cold and flu season, please review the following tips for keeping sick children at home.

- ***Keep kids home when their temperature is 99.8 degrees or higher.*** Take the child's temp when he/she first wakes up and again about a half hour later. If it has risen by a half-degree or more, a fever may be on the way.
- ***Beware of yellow and/or green nasal discharge.*** If it is coupled with sneezing, coughing or both, your child should stay home.
- ***Watch out for conjunctivitis, known as pinkeye.*** Keep kindergarten and preschool children home because they cannot be expected to keep their hands out of their eyes and avoid spreading infection.
- ***If kids are taking antibiotics, keep them home.*** Do this for the first 24 hours they are on the medication.

Thank you for your cooperation and I wish you a healthy holiday and winter season.

Carolyn V Seaton, RN MSN
NFA School Nurse

