

To Parents and Guardians of Willow Creek Students:

Please help us minimize illnesses in our school setting. These guidelines should help you decide whether or not your child should come to school. We also ask that you:

- Keep the school office updated with current phone numbers and contact information.
- Make arrangements in advance for picking up a sick child and home care if he/she becomes ill at school.

Illness Guidelines: When to Keep Your Child Home

*A child with severe cold symptoms that may include a constant runny nose (especially if your child is unable to use a tissue by himself/herself, nasal or chest congestion, coughing that is constant or persistent, recurrent sneezing that is not allergy related.

*A child with temperature ≥ 101 and symptoms such as a rash, sore throat, vomiting, diarrhea, behavior changes, difficulty breathing. Symptoms of a fever may include a flushed face, chills, paleness, or skin abnormally warm to touch. Your child must be fever-free for 24 hours without fever-reducing medication such as Tylenol or Motrin.

*A child who has been vomiting and/or had diarrhea in the last 12 hours.

*A child with flu symptoms: fever, body aches, sore throat, cough, headache, fatigue. Flu symptoms typically come on quickly.

*Your child does not feel well enough to participate comfortably in usual activities.

*Your child requires more care than school personnel can provide.

Guidelines for Keeping Your Child Healthy

Wash hands frequently with soap and warm water for at least 20 seconds.

Cover cough/sneeze with your sleeve/tissue. If tissue is used, throw it away and wash your hands.

Sleep 10+ hours a night.

Promote healthy eating habits.

Use sunscreen and encourage the use of hats and sunglasses as needed.

Thank you for your assistance in keeping Willow Creek students and staff healthy!

Jodie Senter, BSN, RN, NCSN