



FREEDOM AREA SCHOOL DISTRICT HEALTH SERVICES

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Dear Parent(s) and/or Guardian(s):

The cold and flu season is upon us. To prevent widespread flu in our schools, we recommend that your child stay home from school if experiencing flu symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (over 100 degrees is considered a fever)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, practice good hygiene habits:

- Wash hands frequently with soap and water
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

A child who has a fever should remain at home until "fever free" for a minimum of 24 hours without giving fever reducing medication. If your child is vomiting or has diarrhea they must be free of these symptoms for 24 hours before returning to school. Your child should be physically able to participate in all school activities upon return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,

Emily Wendt, RN
Kimberly Johnson, LPN