



## Norfolk Public Schools

The cornerstone of a proudly diverse community

### Fall / Winter 2018 – 2019

Fall and winter can mean more coughs, runny noses, fevers, vomiting and rashes. School nurses are seeing a rise in seasonal illnesses. Please take these steps to stay healthy.

- Wash your hands often with soap and water. If soap and water are not available, use hand sanitizer.
- Cover your coughs and sneezes with a tissue. No tissue? Then cough or sneeze into your sleeve, not your hands.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with sick people. If you are sick, stay home.
- Get your flu shot.

If your child becomes ill, he or she must stay home while having vomiting, diarrhea, or a fever. Keeping your child at home will give him or her time to get better and will also help to keep others from getting sick.

#### **Keep your child home when he/she:**

- is vomiting
- has diarrhea
- has a fever of 100<sup>0</sup> F (37.8<sup>0</sup>C) or higher.

#### **Your child can return to school when he/she:**

- has stopped vomiting
- has stopped having diarrhea
- has been without a fever for 24 hours without the aid of fever-reducing medication (such as Tylenol or Advil).

***Remember, hand washing is one of the most important steps you can take to avoid getting sick and spreading germs to others.***

Your child's pediatrician should be your primary source of advice about your child's health.