Dear Parents or Guardians:

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

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Stomach ache

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

- Fever (greater than 100 degrees and your child may return to school only after his or her temperature has been consistently below 100 degrees for a minimum of 24 hours without medications such as Ibuprofen or Tylenol)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough

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

Sincerely,

Lauren Knuth, RN
Tully Elementary School Nurse
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Tully Junior/ Senior High School
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