



# SCAPPOOSE SCHOOL DISTRICT

"Cultivating passionate lifelong learners for an ever-changing world"

Dear Parent or Guardian:

The cold, flu and COVID season is upon us. To prevent widespread cold, flu, or COVID in schools, we recommend that your child stay home from school if experiencing flu, cold, or COVID 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 they have 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

**Keep your child at home for treatment and observation if they have any of these symptoms:**

- Fever (greater than 100 degrees and your child may return to school only after their temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours (without the use of fever-reducing medications))
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness, or muscle aches
- Frequent congested (wet) or croupy cough

**To help prevent the flu, COVID, or colds, teach your children good hygiene habits:**

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

Colds are the most contagious during the first 48 hours. A child with a fever should remain at home until "fever free" for a minimum of 24 hours. Often when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not to bring them to school. Your child should be physically able to participate in all school activities on return to

school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

As a school, we have our custodians, and the nighttime cleaners disinfect surfaces, door knobs, and banisters daily. We are also ensuring that there is soap and hand sanitizer in all dispensers and encouraging everyone to remind students about the importance of hand washing. Please also take the time to click on the links below for flu guides for parents from the Centers for Disease Control and Prevention (CDC).

- [The Flu: A Guide for Parents](#)

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

Tim Porter