Dear Families,

As we delve into our new school year, we will again address the issue of viral illnesses. **Each student must bring their own napkin and eating utensils in their lunchbox each day.** Typically, viral illnesses are mild, however if at any point you become concerned about your child's condition, please contact your family physician or pediatrician. Symptoms of severe illness include:

- Fever
- Very Bad Headache
- Stiff Neck
- Nausea or Vomiting
- Pain When Looking at Bright Light

If your child has these symptoms, please call a physician or an Emergency Room for assistance.

At school and at home, illness is best prevented by consistently practicing sanitary procedures such as hand washing. At school we are encouraging children to practice the "Thirty Second Rule" while soaping hands. Also, we encourage them not to touch the face of another. Your reinforcement at home will help this to become a habit. This year we are also practicing 3-6 feet between children and six feet between an adult and any person, as well as mask wearing according to current guidelines.

Families can also help by keeping children home if any of these conditions are present
(We have taken the following from Douglas County School District guidelines):

- Fever- 100* or higher currently or within the last 24 hours without fever reducing medication.
- Signs/symptoms of possible severe illness including breathing difficulty and decreased sense of taste/smell.
- Diarrhea- defined as having more than 3 loose stools in a 24-hour period. The student is to remain excluded for 24 hours or until a medical exam indicates that it is not due to a communicable disease.
- Vomiting- 2 or more episodes in the previous 24 hours, or 1 episode in the school day.
- Mouth sores with drooling-The student may return upon a medical recommendation.
- Rash with fever or behavior change-The student remains excluded until a medical exam indicates that these symptoms are not those of a communicable disease.
- Suspicious skin lesions-The student remains excluded until treatment has begun.
- Conjunctivitis (pink eye)-The student remains excluded until treatment has begun, when purulent drainage has been resolved, or in non-treated cases, when symptoms have subsided.
- Unusual color of skin, eyes, stool, or urine (jaundice, gray or white stool, dark urine)-The student is to remain excluded until a medical exam indicates no evidence of hepatitis.
- Exclusion may also occur for the mildly ill child if the child is unable to participate in normal activities or if the child needs more care than can be provided by school staff.

We will notify you and request that you pick up your child from school if any of these symptoms occur during school hours. If we are unable to reach you, or your emergency contact, we will supervise your student at school, isolating him or her from other students.

Students must remain home until COVID symptoms subside for 24 hours if there has been no known COVID exposure. If your child has a positive test, is presumptive positive, or has had a known close-contact exposure, the student is to be excluded at home & the school notified immediately. Our local health department will determine the appropriate next steps should that occur.

Please observe our Medication Policy if your child should need medication at school. All medicines **must be in the original container having a legible label** with the amounts and times to be given specified. If sending over the counter medication, a separate signed note with times and amounts (that don't exceed package instructions) should accompany the medication~ we will call parents to verify their child didn't have medication that morning if time to be given is prior to the required time increment between doses. For prescription medication, a doctor's instructions must be turned in with the medicine if the original container/label isn't specific enough. Parents must give the medication to their child's teacher (or other school staff) to be kept in a locked drawer in the school office.

~ Thank you very much!