

February 6, 2025

Dear Parents,

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 if he/she has any of the following symptoms:

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

Keep your child at home if he/she has any of these symptoms:

- Fever (greater than 100.4 degrees). Your child may return to school only after his or her temperature has been consistently below 100.4 degrees, without medication, for a minimum of 24 hours.
- Vomiting or Diarrhea (even once)
- Chills
- Fatigue, discomfort, weakness or body aches
- Frequent congested (wet) or croupy cough

Thank you for your cooperation.

Stay well!

Mrs. Herrmann

Marissa Herrmann RN BSN
School Nurse, Saint Gilbert School