



Date: December, 2019

Dear Parents/Guardians:

With the cold and flu season upon us, I would like to take the opportunity to share with you that the health and safety of our students is very important to us in Clovis Unified. We recognize the risks posed by contagious illnesses present in the community. Some simple steps can help kids stay healthy during cold and flu season. To help avoid catching and spreading illnesses parents and children should always follow basic steps to stay healthy.

- Wash hands often with soap and water for 20 seconds. Washing hands correctly is the most important thing you can do to stay healthy.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact, such as kissing, hugging, and sharing cups or eating utensils, with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

We ask that you pay particular attention to any possible illness that your child may have and if they are too ill, please keep your child home. Here are 5 good reasons to keep your child home from school:

1. A fever of 100.0 degrees or greater in the last 24 hours. (They **MUST** be fever free for 24 hours without use of fever reducing medication).
2. Vomiting/diarrhea in the past 24 hours.
3. Initiation of antibiotics for an infection in the past 24 hours.
4. A sore throat, particularly if accompanied by headache, fever, and/or upset stomach.
5. An unexplained rash.

**Please keep your child (or siblings) home until cleared by their primary care physician or their school nurse** for the following health conditions: A diagnosis of any contagious disease/condition such as strep throat, mononucleosis, conjunctivitis (pink eye) or gastroenteritis (vomiting and/or diarrhea).

We appreciate your assistance in keeping your child's classroom a healthy environment for all children. Healthy children learn better!

Please feel free to contact me if you have any questions or concerns at (559) 327-8756.

Sincerely,

Hope Garcia, RN, BSN, PHN  
Credentialed School Nurse