

## **News from the Nurse's Office:**

### **Cold/Flu season**

We are in our second month of high incidence of cold and flu, according to the CDC. Even with new developments, the best ways to prevent illness remain simple: wash hands often; get a flu vaccine; don't touch your eyes, nose, mouth; stay home when sick, eat nutritious food and get plenty of rest. Even with all these prevention tactics in play, some of us will get sick.

<https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>

### **When to keep your Child at Home**

If your student is sick (see guidelines below), please keep them at home. It is challenging with everyone's busy schedules but it helps decrease the spread of illnesses.

<https://www.lmsd.org/departments/health/illness>

It is important to maintain a healthy environment in the classroom to protect all students. The following symptoms may indicate contagious illness. Your child should be kept at home if any of these occur:

- Fever of 100 degrees or more within the past 24 hours
- Rash (unless determined to be non-communicable by physician)
- Vomiting and/or diarrhea within the past 24 hours
- Yellow or green drainage from the eyes or nose
- Excessive coughing

Chickenpox: The student may return to school no less than six days after the last crop of vesicles **and** vesicles must be completely crusted.

Pertussis: Students may return to school no less than 5 days after starting prescribed antibiotic treatment.

The student experiencing any of the contagious conditions listed below will be readmitted to school after 24-48 hours of appropriate therapy per guidelines of the Department of Health.

- Strep throat, scarlet fever
- Impetigo and other skin infections including MRSA
- Ringworm
- Pinworm
- Conjunctivitis (pinkeye).

### **Breakfast and Snacks**

Many students are coming to school without eating breakfast. This manifests in stomach aches, headaches, hunger, and so on. Please make sure breakfast is part of your child's morning routine. Please make sure you send your students with a nutritious snack each day.

**Health Services Parent Education Series Event:**

"Challenge Success: The Well-Balanced Student"

**Tuesday, February 4, 2020**

**7:00 PM**

Harrington High School Auditorium, 600 N. Ithan Ave., Rosemont

Jon Kleiman, Senior School Program Director from Challenge Success, will discuss findings from the Challenge Success survey of our students. You will hear about the challenges of raising well-balanced kids within a high-pressure society where the emphasis on grades and performance leaves little time for kids to develop the necessary skills to become resilient, ethical, and motivated learners. Learn ways to develop a healthy home environment for your child, reduce academic stress, and increase your child's resilience, creativity, and well-being. **Please note that this event is intended for all LMSD parents/guardians.**