

# *A Reminder from the RCS Health Office*

Dear family,

We feel that it is a good time to review our procedures in regards to children who are sick. To decide whether or not to send your child to school, please consider the following guidelines.

**School district procedures and the recommendation of the school district physician indicate that a child should not be in attendance at school if he/she has:**

- Fever of 100°F or greater in the past 24 hours
- Vomiting or Diarrhea in the past 24 hours
- Diagnosis or suspected strep throat or pink eye (may return after 24 hours of antibiotic therapy)
- Any other contagious disease or illness

**Consider keeping your child at home if he/she has the following signs or symptoms:**

- Chills
- General feelings of fatigue, discomfort, weakness, or muscle aches
- Cough, nasal congestion, or runny nose
- Headache
- Stomach ache

**Everyday disease prevention strategies:**

- If you are sick, stay home from school.
- Avoid close contact with those who are already sick.
- Cover your nose and mouth when coughing or sneezing with a tissue or the crook of your arm.
- Wash your hands often with soap and water.
- Avoid touching eyes, nose, or mouth.

Keeping a sick child at home will minimize the spread of illnesses in the classroom. Please remember to notify the health office if your child has a contagious illness. Thank you in advance for helping this school year be as healthy as possible.

Sincerely,

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