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,

Brittany Iskula, BSN, RN                         Samantha Kozlowski, LPN
Gail N. Chapman Elementary                      Middle School/High School
Telephone: 716-358-7036                          Telephone: 716-358-7012
Fax: 716-358-7035                                 Fax: 716-358-7013