

## New Hope – Solebury School District Health Services

Dear Parent or Guardian,

We are at the beginning of cold, cough, and flu season. **The Pennsylvania Department of Health (PA DOH) encourages all people not yet immunized against this year's flu strains to speak to their primary care providers about vaccination.**

We continue to promote student and staff wellness by reinforcing our efforts to decrease the spread of infection. All students will continue to be encouraged in good hygiene practices. Additionally, our maintenance staff will maintain their sanitizing efforts making sure that common use areas are cleaned with antimicrobial agents daily.

We ask that you are mindful of the following general guidelines when considering whether to send your child to school. Please keep your child home and consider consulting with your physician if;

- **Your child has an elevated temperature of 100 degrees or more or has had a temperature in the last 24 hours. *Students should be free of fever without the use of fever reducing medications for 24 hours before returning to school.***
- **Your child has vomited within the last 24 hours.**
- **Your child has had repeated episodes of diarrhea.**
- **Your child complains of;**
  - **chills**
  - **loss of appetite**
  - **dizziness**
  - **earache**
  - **lingering headache**
- **Your child has a significant amount of untreated nasal discharge, particularly if the discharge is yellow or greenish in color.**
- **Your child has a persistent frequent cough and/or sore throat.**

Please note that medications such as Tylenol and Motrin can reduce symptoms such as fever and malaise *but do not decrease a child's level of contagiousness.*

Keep in mind most doctors recommend 24 to 48 hours on an antibiotic before a child is no longer deemed infectious. Consider speaking to you doctor or pharmacist about treatment options for lingering, worsening and uncomfortable respiratory symptoms.

Please see the Centers for Disease Control and Prevention website <http://www.cdc.gov> or the NHSD student health services page for more information about seasonal illness care and prevention <https://sites.google.com/nhsdlions.org/studenthealthservices/health-topics/flu>

Keeping your child home when he or she is sick will ensure that your child has time to recover and reduce the spread of illness to others. We deeply appreciate your conscious effort to support the comfort and well-being of your child, other students and staff at our schools.

Thank you,

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