

Dear Families:

With school in full swing, I want to remind you about school district policy regarding student illness and medications. Washing hands frequently is THE BEST way to prevent illness. Using warm water and soap, lather hands and rub together. Use plenty of friction, cleaning under nails and up to the wrist line. Sing 'the ABC Song' as you are washing in order to clean for a full 20 seconds.

If you are not at home, move the paper towel lever with your arm, not your clean hands. Turn off the tap with the used paper towel. Finally, use paper towel to open the door to exit.

Wash your hands as above every time you use the restroom and before eating. If you have to sneeze or cough, use a tissue, then wash your hands. If one is not available, sneeze or cough into fabric in the crook of your arm so as not to spread the germs. Hand sanitizer gel may be used when soap and water are unavailable. See the fascinating video at <http://www.coughsafe.com/media.html>

Reminder: school district policy requires a doctor's order and parent signature for any prescription or over-the-counter medications your student may need to take at school. You may download the forms from my web site, <http://teachers.dieringer.wednet.edu/dhes/twoodall/index.php>. Click on 'documents'. If you would like your student to have cough drops at school without a doctor's order, please send non-menthol, non-medicated drops. Peppermints or lemon drops are also good alternatives.

The following symptoms may indicate that your child is contagious and they should not come to school:

- Fever of 100 degrees or more. Students should be fever-free without medication for 24 hours before returning to school.
- Nausea, vomiting, or diarrhea. Students should be free of vomiting or diarrhea for 24 hours before returning to school.
- Skin rash of unknown origin.
- Red, watery eyes NOT caused by allergies (especially if the eye is crusty - or glued shut in the morning).

Please help us to keep our community healthy by keeping your children home if they exhibit any of the above symptoms. Many thanks!

Terry Woodall, R.N.
twoodall@dieringer.wednet.edu