



Gilford Elementary School

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In an effort to keep everyone as healthy as possible through the winter, please remember our school policies and Health Office advice:

- Temperatures of 100 or greater need to be home recovering from an illness. If your child has a fever at school they will be sent home. Children may return to school when they are fever free for at least 24hr **without the use of fever reducer medications** like Tylenol or Ibuprofen. Children need time to recover and be ready for learning and a busy school day!
- Common colds and coughs can be lengthy to recover from. We ask that your child rest and recover at home if they are actively coughing at the height of a cold. We typically do not give cough medication during the school day. If your child needs some cough control please discuss their illness with the school nurse, and a plan can be arranged for return to school. If they are highly symptomatic we will ask that they be evaluated by their physician.
- Other illnesses-bacterial/viral-If your child is put on an antibiotic/antiviral medication from their physician, they will need to be on the medication as requested by their doctor for at least 24 hours before returning to school. Most children will need this time to rest and boost their immune system before returning to school.
- Active vomiting, please keep your child home while active vomiting! Children should be keeping food and fluids down for 24 hours before returning to school. (The same recommendations for diarrhea)
- Rashes of unknown origin, if your child has a rash and it is active, please seek the advice of your physician to determine school attendance safety.

To have a healthy positive winter, let's all practice proper hand washing and cough etiquette!

Get plenty of rest, stay well hydrate, get some exercise, and eat a healthy diet to give your body what it needs!

GES Health Office

Jennifer McGonagle RN

<http://www.cdc.gov/flu/school/guidance.htm>