December 2015

Dear Parent/Guardian,

With the approach of cold and flu season, sometimes it can be difficult for a parent to decide whether to send a child to school when he/she has complaints that they do not feel well.

In accordance with the New York State Department of Health guidelines, please keep the following information in mind when deciding to send your child to school. If your child is sick with fever, runny nose, cough, or sneezing, do not send your child to school. Please keep your child home for 24 hours after the fever has gone away without any medications. Students with a fever in school will be sent home.

To help prevent spreading germs, kindly remind your child to cover their mouths, when coughing or sneezing, with a tissue or the inside of their elbow, wash hands often with soap and water or use hand sanitizer and to not share personal items.

The Department of Health suggests getting your child a flu vaccine, which can be given in the form of a shot or nasal spray. The vaccine is your best protection against getting the flu. Your family doctor can provide the flu vaccine. If you do not have a primary care provider you can find a vaccine location by calling 311, texting flu to 877877 or visiting nyc.gov and search for flu.

If you have any questions or concerns, you can call me at extension 225.

Stay well,

Ms. D’Ambrosio, RN
School Nurse