

# Good Health Guidelines

Dear Parents:

Young children are very susceptible to colds, flus, and other diseases. We realize a child's illness can be a difficult time for a parent, and that it is often frustrating to rearrange your schedules to provide care for a sick child at home. We want to help eliminate these concerns as much as possible...

The best way to prevent illness is to prevent exposure. The purpose of this letter is to help our teachers and parents work together to provide a healthy environment.

- 1. Please keep your child at home if any one of the following is true: your child has a fever or has had a fever in the past 24 hours; your child has vomited or had diarrhea in the past 24 hours, your child has nits or lice.***
- 2. A quick health check will be conducted when you bring your child to school. A child will not be admitted with any of these symptoms: matter in the eyes, frequent coughing, runny nose (anything but clear discharge).***

Thank you for your help to maintain a healthy school environment for our children!