Happy Fall Families and Caregivers!

It’s that time of year again…FLU SEASON. Here are a few tips to keep everyone healthy this year!

* Consider getting your **flu shot**!
  + Consent forms from CDPH were sent home for students to receive the shot at school. More information will follow.
* **Wash your hands** well and often! Hand hygiene is the single most important step you can take to prevent the spread of germs.
* **Keep sick scholars at home**. Scholars should be fever and vomit free for at least 24 hours before they return to school.
* Please see the guidelines below for more information

As always, do not hesitate to contact me with questions. Thank you!

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**GUIDELINES FOR WHEN TO KEEP YOUR SCHOLAR HOME**

**Keep your scholar at home and call your doctor if:**

* They have a temperature of 100.0 degrees F or more
* They have vomited within a 24 hour period
* There is a persistent cough
* There is a bad cold or virus with symptoms of nasal discharge or persistent cough
* There is a virus with vomiting, stomach cramping or diarrhea
* Eyes are red, irritated, itching, painful or draining
* There is a skin rash that is itching, spreading or worsening
* They have a severe headache that is caused by injury or fever
* There is a bad sore throat for 3 or more days or there is a sore throat and a rash

**Good hygiene habits start at home!**

* Practice cold etiquette by covering your cough and sneezes with your arm / elbow
* Avoid touching your mouth and face
* Disinfect surfaces as needed
* And MOST importantly: Wash your hands often! According to CDC, ***the single most important thing we can do to keep from getting sick and spreading illness to others is to wash our hands.***

These guidelines, as well as additional information regarding diseases and health resources can be found at clevelandmetroschools.org under Departments, Nursing and Health Services.