



WOODLAWN UNIT SCHOOL DISTRICT #209

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David Larkin, Superintendent



Woodlawn High School
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Woodlawn Grade School
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Tammy Beckham
Principal

Dear Parent or guardian:

The peak of cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guideline:

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat
- Headache
- Mild stomach ache

Your child needs to stay home for treatment and observation if he or she has any of the following symptoms:

- **Fever- a temperature of 100 degrees or greater by mouth. Your child may return to school only after his/her temperature has been below 100 degrees by mouth for 24 hours.**
- **Vomiting (even once)**
- **Diarrhea**
- **Chills**
- **General malaise or feelings of fatigue, discomfort, weakness or muscle aches**
- **Frequent congested (wet) or croupy cough**
- **Lots of nasal congestion with frequent blowing of nose**

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. School personnel are taking extra cleaning and disinfecting measures. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,
Tammy Beckham
Principal