



Dear Parents/Guardians,

During the school year there are many illnesses/infections which affect the students, so we are stressing the importance of good hygiene. The school buildings are cleaned daily to help reduce the risk of illnesses/infections spreading from one student to the next and if needs arise more thorough cleanings are performed. The staff and students also need to maintain good hygiene practices to help with prevention.

Some common illnesses/infections seen in the schools are colds, flu, strep throat, stomachaches with vomiting and diarrhea, conjunctivitis (pink eye), chicken pox, staph, and MRSA (Methicillin-Resistant Staphylococcus Aureus). During different times of the school year one or several of these illnesses/infections may be more prevalent. It is important that the nurse at your child's school be made aware by the parent of any illnesses/infections your child may experience to help minimize the spread to other students.

Hand washing is the single most important prevention mechanism.

\*Keep hands clean by washing thoroughly with soap and water for at least 30 seconds or using an alcohol base sanitizer, if water is not available.

Other recommendations for the protection against the spreading of infections/illnesses include:

\*Keeping cuts and scrapes clean and covered with a bandage.

\*Avoiding contact with other's wound or bandages.

\*Avoiding shared personal items, such as towels, brushes, razors, clothing, eating utensils, cups/ glasses, food, etc.

\*Wash towels, uniforms, bedding and clothing in Hot water and dry on Hot cycle.

\*Cover nose and mouth with the sleeve of the forearm when coughing or sneezing.

\*If your child has a fever, vomiting or diarrhea, discharge from the eyes, skin rashes or sores,

**keep them out of school until they are symptom free without fever reducing medications for at least 24 hours** or no longer contagious or until a physician has cleared them to return to school.

\*Getting enough rest, plenty of fluids and a healthy breakfast.

\*Getting the FLU shot is an important prevention in combating the flu. Now is the time to receive the flu shot before the flu season begins.

Prevention of illnesses/infections from spreading is extremely important so that students can feel healthier and perform better in school. Thank you for helping the school staff in ensuring the health, safety and well being of all students. If you have any health concerns, contact the nurse at your child's school.

Thank you,  
Wilson County School Nurses

REV 10/19/12