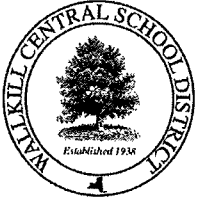


WCSD



Office of District Wide Nurse Practitioner
90 Robinson Drive, Wallkill, New York 12589
(845) 895-7156, Fax: (845) 895-7173

Dear Parent or Guardian:

To prevent the spread of the respiratory viruses in our schools, we recommend that your child stay home from school if sick. Symptoms of the respiratory viruses can be fever, cough, sore throat, runny or stuffy nose, headaches, and muscle aches.

Children should follow the following good hygiene habits to help prevent the spread of respiratory viruses:

- *Wash hands frequently*
- *Do not touch eyes, nose, or mouth*
- *Cover mouth and nose with elbow when sneezing or coughing*
- *Avoid close contact with people who are sick*
- *Stay home when sick or symptomatic*

Please keep your child at home for treatment and observation if he or she has any of these symptoms:

- *Fever (greater than 100 degrees; your child may return to school only after his or her temperature has been consistently below 100 degrees for a minimum of 24 hours, without the use of fever reducing medication)*
- *Vomiting (even once)*
- *Diarrhea*
- *Chills*
- *General malaise or feelings of fatigue, discomfort, weakness, or muscle aches*
- *Frequent congested (wet) or croupy cough*
- *Nasal congestion with frequent blowing of nose*

Thank you in advance for helping to avoid the spread of respiratory viruses in our school community.

Sincerely,

A handwritten signature in cursive script that reads 'Ursula Petricek FNP-C'.

*Ursula Petricek FNP-C
District Health Coordinator*