



Dear Parent:

This is the time of year when viruses and germs are prevalent. The state of North Carolina is seeing an increase in Flu Diagnoses and Iredell-Statesville School Nurses are also seeing an increase in Flu-like symptoms. It is important that you keep your child home if he/she is showing any signs or symptoms of illness. Very little takes place when your child does not feel like participating in class.

If your child has the flu, please keep them home until released by the doctor, usually 7 days after diagnosed.

If you don't have a doctor note, use these guidelines and keep your child home for:

- **Signs and/or symptoms of FLU- sore throat, fever, coughing, body aches, nausea/vomiting.**
- **A rough night (for example, if your child was up all-night coughing or having trouble breathing)**
- **No energy, tired, unable to participate in class (different from not going to bed on time)**
- **Your child doesn't seem "himself/herself"**
- **FEVER (DO NOT return to school for 24 hours until temperature is below 100.0 WITHOUT any fever-reducing medication)**
- **Nausea and Vomiting (DO NOT return to school until 24 hours after vomiting and student is able to keep a complete meal down for 24 hours)**

Please remind your child to wash hands frequently and to cough and sneeze in their sleeves, to help decrease the spread of germs.

The health and safety of our students and staff is of utmost concern to us. We want our students here each day to learn, but we also realize that illness will occur. Please help us keep others well by keeping sick children home. If you have any questions or concerns, feel free to contact your child's school nurse, the Iredell Statesville Schools lead Nurse, or your child's physician. Thank you!

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