

Flu season has arrived along with an increase in Upper Respiratory Infections, Colds, Coughs, Sore Throats, and Runny Noses. Please advise students to take precautions to avoid getting or spreading flu and flu-like symptoms and symptoms of the common cold. Cover mouths when sneezing or coughing, wash hands frequently with soap and water, dispose of tissues in the trash and avoid touching eyes, nose and mouth.

Please note that the Travell School Health Office is unable to administer cold medicine, decongestant, or dispense cough drops without consent from parent and physician.

If your child is suffering from any of the common cold symptoms, please administer over the counter cold relief medication at home **before** they arrive at school so they are given some relief from their symptoms and are able to fully participate in school activities. Please provide them with a small box of tissues.

If you feel that your child is unable to participate in Physical Education Class, please provide a short note excusing the student which will be given to the Physical Education teacher.

Please use good judgment before sending your child to school. Students with a fever over 100. should stay home for at least 24 hours fever free. This also applies to cases of vomiting and diarrhea. **If your child comes to school sick, your child may be sent home at the discretion of the School Nurse.**

Please read the following links to the CDC flu information sheet.

http://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf

<https://www.nia.nih.gov/health/publication/flu>

Thank you for your cooperation.

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