

Shining Brighter Every Day!

December 10, 2019

Dear Parents/Guardians,

We are seeing an increase in illnesses at Woodland, particularly stomach viruses, flu-like symptoms and colds.

Please keep your child home:

- If they have any **vomiting or diarrhea**. (It is most likely a stomach virus and NOT something they've eaten). Children should wait a minimum of 24 hours before returning to school.
 - Please note your child may be experiencing headache, stomach pain, nausea or vomiting with no fever.
- Fever (>100F). Before returning to school, they must be fever free without medications (Tylenol/Advil/Motrin/Aspirin) for 24 hours.
- Continuous coughing or excess secretions.

If your child does not feel well in the morning, please keep them home. Arriving late or medicating before school increases the risk of spreading germs.

Please encourage frequent HANDWASHING!

Keeping Healthy at Woodland

Tara Taggart Woodland Nurse