

## **Superintendent Information Update: Winter Illnesses**

As we continue through the winter months of school, our school has experienced an increase in the number of students experiencing winter illnesses, such as colds, flu, and other respiratory viruses. While these illnesses are common during this time of year, we want to remind everyone of the importance of preventing their spread within our school community.

### **Returning to School:**

Students who are sick should stay home until they are fever-free for at least 24 hours without the use of fever-reducing medication and their symptoms have significantly improved. This helps prevent the spread of illness to others and allows for proper recovery.

We appreciate your cooperation in helping to keep our school community healthy. We will continue to monitor the situation and update you as needed. Please do not hesitate to contact the school offices with any questions or concerns.

### **Staying Healthy and Preventing Spread:**

The best way to prevent the spread of illness is to encourage good hygiene practices. Please remind your children to:

- Wash their hands frequently with soap and water, especially after coughing, sneezing, or using the restroom.
- Avoid touching their eyes, nose, and mouth with unwashed hands.
- Cough and sneeze into their elbow or a tissue, and dispose of tissues properly.
- Stay home if they are feeling unwell, even if symptoms seem mild.

Thanks for your assistance,

Dr. Miller