



Health & Wellness MESSAGE

It's that time of year! Viral and bacterial illnesses are on the rise. Cold and flu season is here!

STAY HOME IF YOUR CHILD:

- Has a **FEVER** greater than 100 degrees Fahrenheit
- Has been **VOMITING** within the last 24 hours. *May return to school 24 hours after the last episode of vomiting.*
- Has had **DIARRHEA** within the last 24 hours. *May return to school 24 hours after the last episode of diarrhea.*
- Has a **RASH** with a **FEVER** greater than 100 degrees Fahrenheit.
- Has a **RASH** without a fever that is open and draining.
- Has **STREP THROAT** or **IMPETIGO** and has **NOT** been on medication for 24 hours. *May return to school after being on medication for 24 hours.*
- Has **PINK EYE** and is **NOT** capable of keeping hands away from eyes or too young to execute good hygiene to prevent the spread. *May come to school if able to avoid touching the eyes and uses good hand washing while at school.*

We are doing our part:

We take the health and wellness of our school communities seriously. We continue to give special care when it comes to the cleanliness of our learning environments through daily disinfecting, providing hand sanitizer throughout buildings, and practicing thorough and frequent handwashing while at school.

How you can help:

- **Cover your cough** (elbow or kleenex)
- **Stay up-to-date with vaccines**
- **Wash your hands**
 - Wet your hands with clean, running water, turn off the tap, and apply soap.
 - Lather your hands by rubbing them together with the soap.
 - Scrub your hands for at least 20 seconds.
 - Rinse your hands well under clean water.
 - Dry your hands using a clean towel or air dry them.

Practicing these skills at home helps your children and those around them stay as healthy as possible this time of year!

STAY CONNECTED:



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TomahAreaSchool