

NEWS FROM THE NURSES 3/5/20

Cold and flu season is still upon us, and we continue to see cases of flu in our school. Colds are most contagious the first 48 hours. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Please follow these guidelines and reinforce good hygiene habits with your children:

- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick. A child who has a fever should remain at home until “fever-free” for 24 hours.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Cover coughs and sneezes.** Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- **Wash hands for 20 seconds.** Washing hands often with soap under clean, running water can help prevent the spread of germs. If you cannot wash your hands, use alcohol-based hand sanitizer with at least 60-95% alcohol.

Over the past few weeks, there have been several cases of Strep identified at school- primarily in the younger grades. Like other bacterial infections, Strep spreads through close contact. With Strep, the sore throat comes on quickly. Strep is also likely to cause other symptoms as well:

Fever of 101F or greater

Red, swollen tonsils

White patches in the throat

Appetite loss/stomach ache/nausea/vomiting

Headache

Rash

We have enclosed the most recent information from the NJ Department of Health on COVID-19. Please read this information, and direct any questions to your health care provider.

Health and safety will always be a top priority at Saint Elizabeth School. Families and faculty have always worked together for our community. We will continue to monitor the current situation and pass along information. PLEASE PLEASE do not send sick children to school.

Thank you,

The Nurses