

# PAMLICO COUNTY SCHOOLS

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Subject: Health & Wellness Efforts

Dear Pamlico County Schools Families:

Pamlico County Schools recognizes that when a child becomes sick, it is difficult for them to focus and perform in the classroom. Even more, their sickness can quickly spread to other students, teachers and staff. With cold and flu season now upon us, we want to share some recommendations for families that can help us prevent the spread of germs and sickness in our schools:

- A child should remain home from school if they are vomiting, having diarrhea, or running a fever of 100 degrees or higher.
- A child should remain home for a full 24 hours after they stop vomiting, stop having diarrhea, or begin running a normal temperature (under 100 degrees) without taking a fever reducing medication, such as Acetaminophen (Tylenol) or Ibuprofen (Advil).
- All children should be encouraged to regularly wash their hands with soap and water and to always cough and sneeze into their sleeves/elbows rather than their hands to help prevent the spread of germs.
- Families should have current contact numbers on file at the school and in PowerSchool to ensure they can be contacted if their child becomes ill while at school.
- Families are encouraged to develop a plan for transportation and childcare so they can be prepared if their child becomes ill at school and needs to be checked out early.
- Parents/guardians must contact the school nurse with diagnosis of a contagious illness.

While all of these actions can begin at home, we do feel that it is important to make you aware of the additional actions being taken by Pamlico County Schools. All of our schools have been asked to be extra vigilant in sanitizing classrooms and common areas, including the regular cleaning and disinfecting of contact surfaces where germs can easily be spread.

School administrators are also monitoring absences and consulting with their school nurse and student services at the district level if they are seeing an increase in students/staff complaining of sickness.

These health and wellness efforts are intended to serve the best interests of all students and staff. With your support, together we can help stop the spread of germs and sickness and keep absences down in our schools.

Sincerely,

Lisa F. Jackson  
Superintendent