

# NEBINGER

## Important information regarding student absences

1. **Fever**- 100 degrees Fahrenheit or higher, the student should remain home until free of fever for 24 hours without using fever reducing medications.
2. **Diarrhea**- The student may return to school after 24 hours of being symptom free.
3. **Vomiting**- Occurrence of more than one episode of vomiting and associated with other symptoms. May return to school 24 hours after being free of symptoms.
4. **Absence notes**-Must be sent when student returns, please include student's full name and student ID number on the note.

## Helpful Tips for Staying Healthy

1. **Frequent hand washing** is the **BEST** way to prevent and combat the spread of germs. Wash hands often with soap and water for 20 seconds.
2. Avoid touching eyes, nose and mouth.
3. If your son/daughter has any signs and symptoms of illness, please keep them home.
4. Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.
5. Do not share drinks, food, or unwashed utensils.
6. Get plenty of rest, eat healthy foods, and drink lots water.
7. Avoid people who are sick and stay home when you are sick.
8. Disinfect surfaces that are prone to germs (ex. phones, keyboards, door knobs, toothbrushes).

**It is NOT too late to get the flu vaccine!**

If you have any questions or concerns, please do not hesitate to contact the school

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