

Dear North Hampton Families:

As most of you know we have been hit with several illness here at school. I have had many reported cases of strep throat, GI illnesses, colds and YES, over 25 documented cases of Influenza (many more suspected).

To prevent widespread contamination, we ask that your child not be sent to school if he/she has:

- Fever greater than 100 degrees. Your child may return to school only after his or her temperature has been consistently below 100 degrees, for a minimum of 24 hours without medication.
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose
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If your child is presenting with any of the above symptoms and is sent to school, he/she will be sent home.

If they are experiencing the following their immunity is already compromised and are susceptible to other illnesses:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

If your child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Thank you,
please contact me if you have any questions.

Nurse Mara