

FORT BEND INDEPENDENT SCHOOL DISTRICT
Student Health Services

Date:

Dear Parents:

It is cold and flu season in the Houston area, and local health departments are seeing the viruses at this time.

You can help us maintain a healthy school environment by following the Fort Bend ISD guidelines for controlling communicable diseases at school:

- While it is very important for your child to be in class, please keep your child at home if he/she is exhibiting signs or symptoms of illness.
- Help us protect other students by not sending your child back to school while he/she is still experiencing symptoms. If your child is sick and attending school, he/she may be spreading symptoms to others. It is also very difficult for a sick child to concentrate on learning.
- Students with a fever of 100.0 or higher will be sent home, and should not be sent to school until they have been fever free (without a fever-reducing medicine such as Tylenol) for 24 hours. While medications can bring a fever down, your student may still be contagious and should not be at school.
- Students experiencing diarrhea or vomiting will be sent home, and should not be at school until they have been symptom free (again without preventative medication) for 24 hours.
- One of the most important things you can do is to remind your child of healthy hygiene practices. Remind your student to practice good hand washing at all times and to avoid drinking from bottles, cans, or glasses after other people.
- Please, notify your child's teacher of type of illness your child has and any diagnosis given by doctor if visited. This will help to keep the school aware of illnesses in classrooms.

We appreciate your cooperation as we work together to keep our schools and our families healthy. If you have any questions you may contact me at the school clinic.

Sincerely,

School Nurse