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HYPERLINK "http://www.stpetersliberty.org" [www.stpetersliberty.org](http://www.stpetersliberty.org)

Dear Parents/Guardians:

Cold & Flu season has arrived. Please be on the lookout for the following signs and symptoms:

<b>Flu:</b>	<b>Stomach Bug/Virus:</b>
100 <sup>0</sup> F or higher fever	Nausea
A cough and/or sore throat	Vomiting
A runny or stuffy nose	100 <sup>0</sup> F or higher fever or feeling feverish
Headaches and/or body aches	Headache
Chills	Diarrhea
Fatigue	
Nausea, vomiting, and/or diarrhea	

If you see your child showing some of these symptoms please consider making a doctor's appointment. As always, if your child has a fever, diarrhea and/or vomiting, they must stay home and be fever/vomit/diarrhea free for 24 hours without fever reducing medicine.

**► To prevent the spread of germs:**

- Frequent hand washing
- Cough and sneeze into your elbow (the Vampire Cough!)
- Do not touch eyes, nose or mouth
- Avoid close contact with those who are sick
- Do not share personal items, food or drinks
- Disinfect surfaces and objects often

Keeping a sick child at home will reduce the spread of germs to others. It is a very long day for a sick child who is sent to school. A child should be physically able to concentrate and participate in all school activities when returning to school. If you have any questions or concerns, please call or email me. Thank you in advance for helping to keep St. Peter's as healthy as possible.

Sincerely,

**Laura Riddick**

Laura Riddick, RN

School Nurse

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**St. Peter's Regional School**

**Changing the World, One Student at a Time**