



## A Friendly Reminder from Your School Nurses

Dear CCS Families,

Below is a list of Colbert County Schools guidelines regarding exclusion periods for sick children, as well as some preventative tips. Please adhere to these guidelines and make note of the suggested habits. Let's work together to keep our school, community, and our homes as healthy as possible!

### Exclusion Periods:

Please do **NOT** send your child to school if he/she has or has had:

1. Fever of 100.4 or greater within the last 24 hours (must be fever free without medication).
2. Vomiting or diarrhea within the last 24 hours.
3. Continuous coughing not relieved with cough medicine.
4. Strep Throat (They may return 24 hours after starting antibiotics as long as they are fever free).
5. Please remember to notify the school nurse or front office if your child has a contagious illness.
6. Please check with the school nurse or your doctor about other illnesses.

### 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 or use hand sanitizer.
2. Cover coughs and sneezes with a tissue or use an elbow or arm if no tissue is available.
3. Do not share drinks, food, and unwashed utensils.
4. Get plenty of rest, eat healthy foods, and drink lots of water and healthy drinks.
5. Avoid people that are sick and stay home when you are sick.
6. Disinfect surfaces that are prone to germs.

For more information, visit [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO for the most current information about the flu. Thank you for the consideration of others when your student might be contagious.

Sincerely,

Colbert County School Nurses  
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