

# Celeste ISD School Health Services

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02-01-2016

Dear Parent or Guardian:

We recently closed Celeste Elementary on Friday, January 29<sup>th</sup> due to a stomach virus. We would like to remind you about our school's policy on sick students. If your child is ill due to a temperature over 100.4, is vomiting, or has diarrhea your child needs to stay home from school. All students who stay home sick or they are sent home from school with any of these symptoms need to stay home for 24 hours and be fever free (which is temperature below 100.4 without the use of Antipyretics such as Tylenol, Advil/Motrin, etc). It is not recommended to give children or teenagers Aspirin because it can cause Reye's syndrome. A stomach virus can cause diarrhea and vomiting. It spreads easily from an infected person. Please protect yourself, your children, and elderly residents by washing your hands, cleaning surfaces, washing laundry, using gloves and gowns, and staying home when sick. Wash your hands often with soap and water for at least 20 seconds each time and avoid touching your mouth. Use a bleach-based cleaner or other approved product to disinfect surfaces and objects that are frequently touched. Remove and wash soiled clothes and linens immediately and tumble dry. Use a gown and gloves (if you are able) when touching or caring for sick ones to reduce exposure to vomit or fecal matter. If you are sick stay home and don't take care of or visit people in long-term care facilities or at least 2 days after your symptoms stop. For more information you can visit the CDC website at [www.cdc.gov](http://www.cdc.gov) or call the school nurse at (903)568-4530 ext. 3022.

Shannon Milton, RN

District School Nurse