



TUTTLE PUBLIC SCHOOLS

515 E. Main Street

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Dear Tuttle school family:

There is nothing more important than the health and safety of our students. Unfortunately, more than a third of our middle school students were absent today with a stomach virus.

After discussing the situation with local health officials, we have decided to close classes at Tuttle Middle School Thursday and Friday. Teachers will put all final semester work on Google Classroom. Please contact your child's teacher if you have any questions about assignments. We hope this extended break will give students time to recover and prevent additional spreading of the illness. All other schools will remain open.

To help with the spread of this virus our custodial crew will disinfect all buildings after school. We understand this transition is unexpected, and we greatly appreciate your families' flexibility, patience and support.

Please see the attached documentation from the Grady County Health Department for more information. If you have any questions, please contact Tara Norvell, Principal, at 405-381-2062.

Our team wishes all Tuttle Tigers good health and much-deserved time with family this holiday season.

Better Together,

Keith Sinor

Superintendent

Too Sick for School?



When should a child stay home from school for illness?

5 reasons your child may be too sick for school

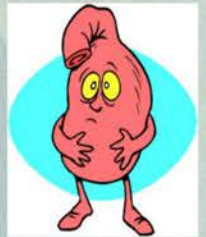


1. Fever

If a child has a temperature of 100° F or higher, your child is too sick for school. Keep them home until they have been fever free for 24 hours without the use of anti-fever medications.

2. Diarrhea or Vomiting

If a child has 3 or more loose bowel movements, even if there are no other signs of illness, your child is too sick for school. Any vomiting is a reason to send a child home or keep a child home. Keep them home until vomit and diarrhea-free for 24 hours.



3. Rash

There are different rules for returning to school depending on the cause of the rash. Children with contagious rashes, such as chicken pox and measles, need to be kept home. If your child has a rash AND a fever, keep them at home and talk with your healthcare provider.

4. Cough or Sore throat

Children with a cough or sore throat should be watched closely. If the cough or sore throat becomes worse or if the child develops a fever, the child is too sick for school.



5. Other conditions

Children with other communicable conditions such as head lice, ringworm, or scabies may need to be kept home from school. Children may need to see a healthcare provider for treatment.

Not sure if your child is too sick for school?

Talk to your school nurse or school administration about exclusion policies for these and other illnesses.

HOW TO WASH YOUR HANDS

Fingernails



Between Fingers



Palm to Palm



Back of Hands



Wrists



Base of Thumbs



- 1 Wet your hands under running water.
- 2 Add some soap and lather your hands in all the places shown for at least 20 seconds.
- 3 Rinse your hands with running water and dry them with a paper towel.
- 4 Use a paper towel to turn off the sink and open the door to exit the bathroom.

When should I wash my hands?



- ✓ Cleaning your hands is one of the best ways to prevent germs from spreading.
- ✓ Washing your hands often can prevent germs that cause illness from spreading to your family, friends, and community.



Before Eating

After Playing with Animals



After Going to the Bathroom

After Playing Outside



After Sneezing or Coughing



Back of Hands



Fingernails



Between Fingers



Base of Thumbs

HOW SHOULD I WASH MY HANDS?



Palm to Palm

- 1 Wet your hands under running water.
- 2 Add some soap and lather your hands for as long as it takes you to sing the "Happy Birthday" song.
- 3 Rinse your hands with running water and dry them with a paper towel.
- 4 Use a paper towel to turn off the sink and to open the door to exit the bathroom.



Wrists



Acute Disease Service
Oklahoma State
Department of Health
Creating a State of Health