



Dear Parents,

With the start of the cold and flu season, we will soon see an increase in sneezes, coughs and runny noses. With the goal of keeping us all healthy, I would like to remind you of the importance of keeping your student at home if you notice any signs or symptoms of illness.

Cold and Flu viruses tend to spread quickly through a school as children are in close quarters throughout the day and share items within the class and outside during play. Even with daily cleaning measures taking place, infections can spread quickly. Infections can be transmitted directly (touching, sneezing, coughing and talking) or indirectly by being transferred to an object (toy, clothing, books, etc.) which carries the infection to another student or staff member.

When no complications occur, a cold usually runs its course over 4-10 days. However, a common cold has the possibility of advancing into croup, pneumonia or other infections. In an effort to protect the health of all of our students and staff we are asking that if your child is ill, has an elevated temperature, advanced cough, and/or moderate amount of nasal discharge, that your child stay home until they are feeling better. By keeping your child at home, they will recover more quickly and can additionally help keep everyone else from becoming ill. Please keep in mind that your child must be fever free, without medication, for 24 hours before returning to school. We appreciate your prompt action in assisting us to keep everyone happy and healthy within our school community.

Thank you for your cooperation. If you have any questions, concerns or to update your child's health record with any illnesses, please contact me via email at [jmalocu@gmail.com](mailto:jmalocu@gmail.com) or 610-779-4431.

Mrs. June Malocu  
SCS School Nurse