

Cold and Flu Season Reminders

For the health and safety of our students and staff, CHOA recommends that you not send your student to school if he/she has or has had:

- Fever greater than 100 degrees within the last 24 hours. (Should be fever free WITHOUT medication for 24 hours.)
- Vomiting or diarrhea within the last 24 hours.

If your student requires medication while at school, please be sure to have the appropriate CCSD authorization form! Forms are available on the DMS web site, the CCSD website, and in our school clinic. One medication per form, please. You may also contact our school nurse at carey.whitman@cobbk12.org and she will happily email the forms to you.

Please help us teach your students good health habits to protect themselves, as well as others:

- Plenty of rest and nutritious food.
- No eating or drinking from the same utensil or container after someone else.
- Keep hydrated with water! Sugary drinks don't count.
- Proper coughing and sneezing hygiene.
- Frequent **HAND WASHING!** The best way to prevent the spread of germs!

We suggest having a plan in place for picking up your student from school should he/she become ill. Be sure you have trusted friends or family members on your approved emergency contact/pick up list (in case you aren't available) and that we have your current telephone number(s).

Thank you so much for working with us to keep your family, and ours, healthy and in school!