



October 2025

Talawanda Parents:

Cold and flu season continues to impact student health as we move into fall!

Talawanda would like to share this reminder regarding helpful tips and strategies to help families during this cold weather season. Let's work together to keep our school community and our homes as healthy as possible. The guidelines below will help parents determine when it is best to keep their child in from school due to illness.

- **Fever-** 100 degrees Fahrenheit or higher, the student will be sent home and should remain home 24 hours fever free without fever reducing medications.
- **Diarrhea-** occurrence of more than one episode at school and/or with additional symptoms. The student can return to school after 24 hours symptom free.
- **Vomiting-** occurrence of more than one episode of vomiting and associated with other symptoms. May return to school after 24 hours symptom free. Every attempt will be made to distinguish between regurgitating food and vomiting due to illness.
- **Runny Nose-** Students who cannot control their secretions and /or have green/yellowish-brown secretions need to remain home until symptoms improve.
- **Coughing-** Excessive coughing contributes to the inability of the student to participate in class work or is disruptive to other students.
- If symptoms worsen or persist, see your healthcare provider to be evaluated. The flu can be serious for children.

Helpful tips for Staying Healthy:

- Frequent hand washing is the **BEST** way to prevent and combat the spread of germs.
- Wash hands with soap and water.
- Avoid touching eyes, nose, and mouth.
- If your child has any signs and symptoms of illness, please keep them home.
- Cover coughs and sneezes with disposable tissues or use the elbow or arm if no tissue is available.
- Do not share drinks, foods, or unwashed utensils.
- Get plenty of rest, eat healthy foods, and drink lots of water and healthy drinks.
- Avoid people that are sick and stay home when you are sick.
- Disinfect surfaces that are prone to germs (ex. Phones, keyboards, door knobs, toothbrushes).

Please inform your child's school of any contagious illness and or keep children who are sick at home. If you have any questions or concerns, please do not hesitate to contact the main office or the school nurse.

Thank you,
TSD Nursing Team