



ZANE TRACE LOCAL SCHOOL DISTRICT

946 State Route 180 • Chillicothe, Ohio 45601 • 740-775-1355

November 14, 2016

Dear Parents:

As the season is changing, we find ourselves coming into the time of year where colds and flu are now starting to appear. We wanted to give you a few reminders concerning these illnesses and school attendance.

PLEASE DO NOT SEND YOUR CHILD TO SCHOOL IF HE/SHE HAS OR HAS HAD:

- 1) Fever more than 100 degrees within 24 hours(must be fever free without medication)
- 2) Vomiting or diarrhea within the last 24 hours
- 3) Continuous coughing not relieved with cough medicine

As many people are getting colds and the flu we would appreciate your help in preventing the spread of illnesses in our school. Good health habits are key in protecting all of our children, families and staff.

- 1) Plenty of rest and nutritious food are needed
- 2) Do not eat or drink after anyone
- 3) Keep hydrated with healthy fluids (soda does not count)
- 4) Cover nose and mouth when coughing/sneezing by tissue or by bent elbow
- 5) Frequent hand washing w/soap & water or hand sanitizer

Since students need to be picked up when they become ill at school, we need CURRENT phone number(s) so we can contact you when needed. Please inform the school of any changes in your contact information.

Thank you in advance for working with us to keep students and staff healthy and in school.

Sarah Heskett RN
Zane Trace School Nurse