



January 22, 2020

Dear Parents of CCID Students,

Cold and flu season is upon us and we have had a rise in the number of students absent with flu-like symptoms in several grade levels. To help prevent flu on campus, we recommend that your child stay home from school if they experience any flu or cold symptoms.

**Definitely, keep your child home from school if he/she has exhibited one or more of the following:**

- **Diarrhea or vomiting** A student with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours.
- **Measurable temperature** (100 or higher) The student should remain home with a fever greater than 100 degrees. The student can return to school after he/she has been fever free for 24 hours without medication.

**To help prevent the flu and colds please reinforce good hygiene habits:**

- Wash hands frequently with soap and warm water for 20 seconds
- Do not touch eyes, nose or mouth
- Cover mouth and nose when coughing or sneezing and use a paper tissue, throw it away and then wash hands
- Avoid sharing drinks, water bottles, eating utensils and cell phones

At school we are reinforcing student's good hygiene habits, and disinfecting high traffic areas and classrooms. For additional information regarding the flu please visit [CDC- Flu Prevention](#). Additionally, please refer to our school policy [Guidelines for Keeping an Ill Student Home](#).

We sincerely thank you for helping to make this school year as healthy as possible. Please let us know of any questions you may have.

Sincerely,  
Laura Banda  
Executive Director