



## Clinic Notes

Please make sure your child has an extra pair of pants, socks, and underwear in their backpack for emergencies. This covers all grade levels. Accidents happen and not always of the bathroom nature. The weather is getting cooler and wetter, sometimes there is mud or puddles on the playground. This could save you a trip home then to school to have your child change clothes.

It is time for FLU SHOTS! If your child is of high risk nature (asthma, diabetic, pregnancy or cardiac difficulty in the family), please consider getting a flu shot for your child. If your child has a fever, vomiting or diarrhea, **keep them home for 24 hours symptom free ,before** returning to school. Flu symptoms are fever (101F or greater), cough, and sore throat.

Fall and winter are upon us. Please dress your child in layers for the cold outside and the warmth in the buildings. Your child may carry 3 -4 cough drops in original wrapper, chapstick, and lotion in their backpacks. Hydrate, Hydrate, Hydrate! Remember to wash hands after coughing, sneezing, before preparing food and after touching pets. Ask your child to show you how they can sneeze or cough without using their hands. (Sleeves are the answer!) If your child has a fever, vomiting or diarrhea, keep them home. 24 hours symptom free is the general rule for returning to school.

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