



Mobile County PUBLIC SCHOOLS

P. O. Box 180069 • Mobile, AL 36618 • www.mcps.com

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A Note from the School Nurse:

Dear Parent/Guardian:

As you probably know already, flu season is upon us. To prevent widespread flu cases in our school, please use the following guidelines to determine whether or not to send your child to school:

DEFINITELY KEEP YOUR CHILD HOME IF HE/SHE HAS ANY OF THESE SYMPTOMS:

- Fever of 100 degrees or greater (student may return to school ONLY AFTER his/her temperature has been below 100 degrees for 24 hours WITHOUT THE USE OF FEVER REDUCING MEDICATIONS)
- Vomiting
- Diarrhea
- Chills
- General malaise or feelings of fatigue, weakness, or body aches

Consult your child's physician for possible evaluation if any of the above symptoms last more than 24 hours.

PLEASE ASSIST US BY REINFORCING THESE GOOD HYGIENE HABITS AT HOME:

- Frequent handwashing
- Keep hands away from eyes, nose, and mouth as much as possible
- Cover mouth and nose when sneezing and coughing. Wash hands or use sanitizer after.
- Avoid close contact with people who are sick.
- Stay home if you or your child are sick.

Please feel free to contact the School Nurse or Health Services if you have any questions or concerns.

Thank You for your assistance in this matter.

Health Services Department