



November 3, 2022

District Caretakers, Students & Staff,

The snow has fallen and with that so has the cold & flu season. This will be the district's first winter since 2020 without masking, social distancing or COVID requirements. The district nurses would like to take this opportunity to address current recommendations for illness:

- **Fever:** Can return to school after 24 hours with no fever or fever reducing medication
- **Cough:** Can return to school when vastly improved for 24 hours
- **Runny Nose:** Can return to school when vastly improved for 24 hours
- **Vomiting/Diarrhea:** Can return to school 24 hours after last episode

**COVID Clarification:**

It is no longer required to test for COVID. *If you choose to test for COVID and test positive, the following will be required:*

- Remain home for a minimum of 5 days (symptom onset is day 0)
- Return to school on day 6-10 if you have a negative COVID test and 24 hours of vastly improved symptoms
- Return to school after day 10 with 24 hours of vastly improved symptoms (no test required after day 10)

**Precautions for Cold & Flu Season:**

Colds and the flu are spread by respiratory droplets. The number one method to reduce the spread of these viruses is by cleaning your hands frequently using soap and water or hand sanitizer. Other methods that can reduce spread are covering your cough and cleaning surfaces frequently. We recommend that anyone with signs of illness please stay home until they have 24 hours of vast improvement. All the above actions will help us to minimize the spread of illness.

Wishing you health & happiness this season!

*District School Nurses*