



**CITY OF MANCHESTER**  
*Health Department - School Health Division*

**ILLNESS/WINTER ILLNESS MEMO**

Date: \_\_\_\_\_

Dear Parents/Guardians:

Since we spend more time inside during the cold/winter months with doors and windows closed, illness can spread more quickly in the school.

- Children who arrive at school sick should **NOT** remain in school.
- A child with a fever (100° F or greater) should not come to school until his/her temperature is normal (about 98.6° F or less) for a minimum of 24 hours without having taken any fever-reducing medication.

**Here are some guidelines to follow:**

**COLDS:** Please remind your child/children about frequent handwashing and covering their mouths when they cough or sneeze. Children should not come to school if they feel especially tired/listless.

**DIARRHEA AND VOMITING:** If your child has vomited or experienced diarrhea during the night, please do not send him/her to school that morning. They should be symptom-free for 24 hours before returning to school.

**CHICKENPOX:** Please notify the school nurse if you suspect that your child has chickenpox. Children with chickenpox should remain out of school for about 7 days, or until all lesions are crusted.

**STREP, SORE THROAT AND SCARLET FEVER:** Students should be treated by a health care provider and may not attend school until he/she is on antibiotics and without a fever for at least 24 hours.

**CAUTION:** Do not give aspirin or products containing salicylates (aspirin) during chickenpox, flu, and colds. This may cause Reye's Syndrome which can lead to neurological, liver, spleen, pancreas, heart and/or kidney damage.

Thank you.

---

School Nurse

Telephone #