

Greetings Meadowlark families!

As is expected, this winter has brought more colds and flu-like illnesses among children and adults alike. While the increase is normal- we are seeing an uptick for our average absenteeism, and wanted to remind you that we all play a part in keeping our families as healthy as possible.

Here are some tips:

1. Ensure your family is up to date on vaccination. Immunizations provide a prevention method against serious illnesses, and are covered by most insurances. There are programs that exist that cover the cost of vaccines for children without insurance companies.
2. Keep your children home when they are ill.
  1. Specifically, if your child has a fever, has diarrhea or vomiting, or has a cough/sneeze and is unable to participate in respiratory hygiene (covering cough and washing/sanitizing hands) please consider keeping them home. This is the guideline I provide to school staff to make decisions based on if a child should go home when ill.
3. If a child visits a medical provider and is advised to rest, please adhere to that suggestion. No one can get better if their body doesn't have nutrition, hydration and rest.
4. If a child stays home from school, please keep them out of all extra-curricular activities as well.
5. Remind family members to wash hands or use sanitizer and to avoid touching eyes, nose and mouth. These germs take any opportunity they can to infect us.

Thank you. As always, if you have questions regarding these tips or any other school health issue please contact me through the school or at the Blaine County Health Department (357-2345).

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