

A friendly reminder from the health office:

Dear parents and guardians,

When should I keep my child home from school?

I know from experience that it is, at times, hard to know if a child is REALLY sick or if they really need to stay home and miss school. A few rules of thumb may be helpful in offering you some guidance:

- If a child has vomiting or diarrhea -- they should stay home for 24 hours after they exhibit symptoms.
- If a child has a fever -- 100 degrees or higher, they should stay home for 24 hours after the fever has subsided without the use of fever-reducing medication. Please be aware that if their temperature is 99.4 or higher, the fever may be on the way up!
- If a child complains of sore throat in combination with headache and /or vomiting, it is suspicious for strep throat. If they have strep throat, they MUST stay home until they have taken antibiotics for 24 hours.
- If a child has a heavy cold or any illness that prevents them from being able to focus in the classroom or might disturb the rest of the class, a day at home might make all the difference.

Please feel free to contact me with any questions or concerns, you can reach me in the health office at 201-670-2760 x 56520 or email me at agillio@ridgewood.k12.nj.us

Please keep your children home from school if he/she is sick. Flu/Strep/Colds/COVID/Pneumonia/stomach viruses are spreading quickly.

Please be empathetic and keep our Travell School healthy during this cold and flu season.

Thank you,

Alexis Gillio

Travell School Nurse