



Dear Parents/Guardians,

During the school year there are many illnesses/infections which affect the students, so we are stressing the importance of good hygiene. The school buildings are cleaned daily to help reduce the risk of illnesses/infections spreading from one student to the next and if needs arise more thorough cleanings are performed. The staff and students also need to maintain good hygiene practices to help with prevention. With both areas being addressed the necessary precautions to ensure a healthy school environment will be met.

Some common illnesses/infections seen in the school are colds, flu, strep throat, stomachaches with vomiting and diarrhea, conjunctivitis (pink eye), chicken pox, staph, and MRSA (Methicillin-Resistant Staphylococcus aureus). Staph is a common bacteria found on the skin or in the nose of healthy people. MRSA is resistant to certain antibiotics. It is typically seen as a skin infection, which may have the appearance of a spider bite, pimple, or a boil that can be red, swollen, painful or have drainage or pus. Going to your healthcare provider if you develop such an area, allows you to get the proper antibiotics before the infection worsens or spreads. During different times of the school year one or several of these illnesses/infections may be more prevalent. It is important that the nurse at your child's school be made aware by the parent of any illnesses/infections your child may experience to help minimize the spread to other students.

Hand washing is the single most important prevention mechanism.

\*Keep hands clean by washing thoroughly with soap and water for at least 30 seconds or using an alcohol base sanitizer, if water not available.

Other recommendations for the protection against the spreading of all infections include:

\*Keep cuts and scrapes clean and covered with a bandage.

\*Avoid contact with other people's wound or bandages.

\*Avoid sharing personal items, such as towels, brushes, razors, clothing, eating utensils, cups/glasses, etc.

\*Cover nose and mouth with the sleeve of the forearm when coughing or sneezing.

\*Wash towels, uniforms, bedding and clothing in Hot water and place in dryer on Hot cycle.

\*If your child has a fever, has vomiting or diarrhea, discharge from the eyes, skin rashes or sores, keep them out of school until they are symptom free for at least 24 hours or not longer contagious or until a physician has cleared them to return to school.

Prevention of illnesses/infections from spreading is extremely important so the students can feel healthier and perform better in school. Thank you for helping the school staff in ensuring the health, safety and well being of all students. If you have any health concerns, contact the nurse at your child's school.

Wilson County School Nurses

