

Dear Cornerstone Families,

As the cold and Flu season are quickly approaching we would like to remind everyone of simple, yet effective ways to prevent sickness from spreading. We ask that you talk to your child about prevention using the following guidelines:

- Wash hands often with soap and water for 20 seconds, which is about the time it takes to sing the alphabet.
- Wash hands after using the bathroom
- Wash hands before eating
- Avoid touching eyes, nose and mouth with unwashed hands
- Cough and sneeze into the inside of your elbow
- Do not share a drink or eating utensils with friends

As different viruses are moving across our nation, Cornerstone is taking proactive measures to keep your children and our staff healthy. The Centers for Disease Control and Prevention (CDC) has suggested that children *stay home* if they have symptoms of fever, respiratory illness, body aches or general fatigue. We are asking that you keep your child home if they show any of these listed symptoms.

Children who appear sick or are unable to participate in normal classroom activities will be sent home and *may not return for 24 hours after symptoms are gone*.

Please partner with us as we take these proactive measures to keep our kiddos healthy!

If you have questions, please contact the office for more information!

God Bless,

Mike Hoff
Teresa Harrison
Wendy Sparks