

January 15, 2016

Dear Mill Falls Families:

During the winter months, illnesses can spread more quickly among members of our school community than during other times of the year. We are writing today to share some information and procedural reminders related to student health.

Thank you for taking a few moments to review the following:

- Diarrhea and Vomiting - If your child has vomited or experienced diarrhea during the night, please do not send him/her to school the next morning. Children should be symptom-free for 24 hours before returning to school.
- 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.
- Chickenpox - Please notify the school 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.
- Colds - Please remind your child/children about the importance of frequent hand washing and covering their mouths when they cough or sneeze. Children should not come to school if they feel especially tired/listless. A child with a fever should not return to school until his/her temperature is normal (about 98.6 degrees) for a minimum of 24 hours without fever reducing medication.
- Head lice (Pediculosis Capitis) - The most common symptom of head lice may be constant itching of the head, particularly behind the ears or at the nape of the neck. If you suspect your child has lice:
  - Observe for itching of the scalp.
  - Carefully examine the hair and scalp of your children and all family members for lice and/or their eggs. Lice are small, the size of a sesame seed and tan or grey. Nits are small, oval shaped and gray or white in color. Nits are usually firmly attached to the hair shaft, close to the scalp. It helps to use a magnifying glass to detect them.
  - Instruct your children not to use or borrow anyone's personal accessories like brushes, hats or combs. If you find that your child has head lice, please inform us, and the parents of your child's close playmates.
  - If live lice are found, your child must be treated with a pediculicide shampoo (purchased at a pharmacy, grocery store, Wal-Mart, Kmart, etc.) before he/she can return to school, usually the next day. Parents need to continue daily head-checks, combing and nit picking. A second treatment is recommended 7-10 days after the first treatment. Information about treatment is available from your health care provider.

Please notify the school if your child will be absent due to illness, and please help us keep your student's file updated with current emergency contact information or changes in medical conditions.

Respectfully,

Mill Falls Charter School