



## A LETTER FROM THE SCHOOL NURSE CHARLOTTE ISD



If you notice your child having any of the following please keep them home from school.

- Fever of 100 F or higher
- Vomiting
- Diarrhea



**If you have to keep your child home please do not send them to school until they are symptom free for 24HR. Please let the school nurse know if you are keeping your child home as soon as possible. If they are out more than 3 days they will need a doctor's note.**

Each day we take steps to keep the children at Charlotte ISD healthy. One health habit proven to reduce illness is washing hands. Remember to always:



- Use soap and warm running water. Liquid soap is best. Bar soap can be a source of germs.
- Rub hands together fast for at least 20 seconds. Sing two verses of the ABC Song or a song that takes about 20 seconds.
- Wash between fingers and under fingernails. Rinse hands thoroughly with warm running water.
- Dry hands with a paper towel and use it to turn off faucets; then throw away the paper towel. Cloth towels, when used more than once, can spread germs.
- Remember to wash their hands several times a day, including before meals after using the toilet; after playing outside or with pets; and after sneezing, coughing, or using a tissue.
- Other steps we use to reduce the spread of germs are to sanitize and disinfect often.
- Sanitizing and disinfecting help to kill germs on surfaces. Disinfect hard surfaces, such as counters, tables, and diaper-changing areas, often.
  - An example of disinfectant is  $\frac{1}{4}$  cup bleach to 1 gallon of warm water. After wiping with disinfectant, let the surface air dry.

If you have any questions please feel free to contact me by phone or email.

Thank You,

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