

A LETTER FROM THE SCHOOL NURSE
CHARLOTTE ISD
2015-2016

It has come to my attention that many students have been coming to the clinic complaining of upset stomach. I know a stomach bug has recently been going around Jourdanton ISD so we might be starting it here in Charlotte. I am wanting to make parents aware and to remind their students to wash hands frequently, especially before and after eating and when they cough or sneeze. Hopefully if there is a bug trying to start we can catch it before we have to start sending students home.

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

- Fever over 100 F
- Vomiting
- Diarrhea
- Complaining of a stomach ache that will not go away

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 ¼ 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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