



## December Nurse's Notes

**LAST NOTES of 2023!!!**

### **Cold, Flu, RSV, Stre, COVID AND the dreaded Stomach Bug is upon**

**us.** One of the best ways to prevent illness and its spread, is good hand washing. When soap and water aren't available, alcohol based hand sanitizer can do the trick. Remember to thoroughly rub all hand/finger surfaces and to scrub for 20 seconds. Sing a happy tune as you go! Cough and sneeze into your elbow and when possible avoid crowded places and spending time with those who are sick or having symptoms. See the links for more information.

[CDC - Flu](#)   [CDC - RSV](#)   [CDC - Strep](#)   [CDC - COVID](#)   [CDC - Noravirus](#)

CCS illness policy abides by the Virginia Department of Health (VDOH) guidelines which requires students to remain home until **FEVER FREE** for 24 hours without the use of fever reducing agents. Fever Free is a temperature of less than 100.1°F. Also, gastrointestinal (GI) issues such as vomit and diarrhea, must remain home until 24 hours free of symptoms. **After any illness, students should not return to school unless they can successfully make it through the day. Reminder! No medications including cough drops will be dispensed without a licensed medical provider's order.**

Please remember to notify the school **EVERYDAY** your child is absent due to an illness.

### **Injuries with Activity Restrictions**

Please remember that if your child suffers an injury that requires activities restrictions, CCS needs a medical note outlining restrictions. We also require follow up stating when restrictions are either modified or removed.

## Colder Weather means Warmer Clothes

Please remember that upon our return from Thanksgiving break, winter dress is in place. Children also need to be sent with appropriate weather clothing. This could mean gloves, hats, coats/jackets, etc. As more items are worn into school, less items may make it home. Please write your child's name in any items you wish not to lose.



## Reminder about Clinic Visit Notes

When your child visits the nurse, you may receive a phone call, paper note or email communication. Typically, paper notes are the preferred method of communication for grades JK-5. These notes would be located in the homework folders. Please remember to check your child's folder.

If at any time you have questions or concerns, please reach out to me directly at [s.queheillalt@cvillecatholic.org](mailto:s.queheillalt@cvillecatholic.org) or 434-964-0400.