

ORCUTT UNION SCHOOL DISTRICT

Health Services Department

Alice Shaw • Joe Nightingale • Lakeview Junior High • Olga Reed • Orcutt Academy • Orcutt Junior High • Patterson Road • Pine Grove • Ralph Dunlap

Dear Parents:

Cold and flu season is upon us. In order to minimize the spread of illness and maintain a “healthy” school environment, children must be kept at home when they are not well. In general, children need to stay at home if they have:

- A fever of 100° or higher; warm flushed skin
- Vomiting or diarrhea
- Excessive cough or nasal discharge
- Sore throat
- Earache
- Any rash not normal for your child

OR

- Appear obviously unwell

Children should remain at home until they have been free of the above symptoms **for at least 24 hours** or have been cleared to return to school by a physician.

Additionally, children with known or suspected contagious conditions should remain home until cleared for return to school by a physician.

Remember, many germs are transported via the hands. Cold and flu season is an excellent time for parents to review the importance of good hand washing habits with their children.

Wishing all a happy, healthy school year!

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