



Lloyd Harbor School

COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT
7 School Lane • Huntington, New York 11743

Denise Virnelli, RN

(631) 367-8850 Health Office

October 2, 2008

Dear Parents and Students,

The **cold and flu season** is upon us and it is especially important to remind and show your children the importance of taking care of their bodies.

We all must wash our hands thoroughly and often with soap and water. Suggest that they sing *Happy Birthday* twice while washing their hands. If they have a runny nose, are sneezing and/or coughing, remind them to use tissues, discard of the tissues promptly, cover their mouths with their elbows, keep their hands away from their faces and not share personal items like drinks, utensils or lip balm. If you have an open cut, washing it with soap and water and keeping it covered is the best protection.

As a reminder, **tips for keeping your children home:**

- *Fever in the past 24 hours*
- *Vomiting in the past 24 hours*
- *Diarrhea in the past 24 hours*
- *Chills*
- *Sore throat*
- *Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)*
- *Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night*
- *Head lice – until your child has been treated according to the nurse or doctor's instructions*

Aside from this proper nutrition and rest will help keep them healthy.

Prevention is the best medicine.

Sincerely,

Denise Virnelli
School Nurse

Valerie R. Massimo
Principal