



West Side School

COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT
1597 Laurel Hollow Road, Laurel Hollow, Syosset, NY 11791

(516) 692-7950 Health Office

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 elbow, 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, children should stay home from school if:

- *Fever in the past 24 hours*
- *Vomiting in the past 24 hours*
- *Chills*
- *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*
- *Conjunctivitis (pink eye)- must have been receiving prescription eye drops for at least 24 hours before returning to school*

As always, proper nutrition, adequate rest and frequent hand washing will help keep them healthy.

Prevention is the best medicine.

Diana Marlow, RN

School Nurse