

OUR LADY of the HAMPTONS

REGIONAL CATHOLIC SCHOOL

160 North Main Street, Southampton, New York 11968

Dear Parents:

Cold and flu season is upon us. There is always the question of going to school or not. Hopefully, this will help.

Remind and show your children to discard used tissues promptly, not to share personal items, to cover their mouths when they cough or sneeze, to keep their hands away from their face, and to wash hands thoroughly and often with soap and warm water. Suggest that they silently sing the Happy Birthday song twice while washing their hands. However, there are some situations in which it is best to plan on keeping your child home for a day to rest or to arrange for an appointment with your health care provider. The following are a few such situations that warrant watching and possibly conferring with your health care provider:

1. Persistent fever greater than 100.4° orally, including a fever that requires control with medication, like Tylenol
2. Child is too sleepy or ill from an illness, like vomiting and/or diarrhea, to profit from sitting in class all day
3. Significant cough that makes a child feel uncomfortable or disrupts the class
4. Sore throat that is severe, accompanied by fever and/or feeling ill, that persists longer than 48 hours, OR after known exposure to a confirmed case of Streptococcal throat infection
5. Honey-crusted sores around the nose or mouth that might be impetigo, or a rash in various stages including boils, sores and bumps that may be chicken pox, OR a significant rash accompanied by other symptoms of illness such as fever
6. Red, runny eyes that distract the child from learning
7. Large amount of discolored nasal discharge, especially if accompanied by facial pain or headache
8. Severe ear pain or drainage from the ear
9. Severe headache, especially if accompanied by fever
10. Any condition that you think may be serious or contagious to others.

If you know your child is running a fever please do not give them Tylenol and send them to school. As soon as it wears off they will be feeling ill again.

If you are in doubt, please keep your child home.

Any questions do not hesitate to call!


Eileen Shimkus RN