



## Winter Illness

Winter weather and illness is upon us! Help protect your family from illness with good prevention practices. These include:

- A healthy diet including fruit and vegetables, and plenty of fluids each day.
- Avoid sharing of eating and drinking utensils.
- Hand washing is the number one prevention of disease spread. Wash hands after bathroom use and before eating.
- 10 hours of sleep each night is recommended for elementary school students.
- Use tissues or the bend of the arm to cover coughs and sneezes.
- Recommend getting the influenza vaccine

Just a reminder that if your child has a fever, avoid treating with aspirin containing medications without consulting a physician. For more information about medications containing aspirin go to [www.reyessyndrome.org](http://www.reyessyndrome.org).

Please keep your child home when ill with fever, vomiting, diarrhea, or other symptoms of illness. If your child is sent home from school with fever, vomiting or diarrhea they must be out of school at least 24 hours before they may return.

Let's have a fun, safe winter and stay healthy.

Sincerely,

Willard R-II Schools Health Services