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Dear Parents,

Below is some important information regarding everyday strategies that can help fight germs, such as flu, and basic guidelines of when to keep your child home from school:

When to keep your child home from school:

- **Fever** (temperature of over 100 degrees or higher) in the past 24 hours. Your child must be fever free and not using fever-reducing medication (Tylenol, Advil, and Motrin) for a full 24 hours before returning to school.
- **Vomiting** -in the past 24 hours. (last episode of vomiting must be 24 hours prior to return to school)
- **Diarrhea** -in the past 24 hours (last episode of diarrhea must be 24 hours prior to return to school)
- **Strep Throat** -Child must have been taking an antibiotic for a full 24 hours before returning to school.
- **Bad cold** - with a very runny nose if nasal discharge is discolored or bad cough, especially if it has kept your child awake at night or could disrupt the class.
- **Eyes** - if your child has crusty, runny or sticky drainage along with redness to the eye your child may have "pink eye" and will need to be cleared by your doctor before coming to school.
- **Rash** - your child needs to be seen by their doctor and the MD must write a note that the student is not contagious and may return to school.

Germs such as bacteria and viruses can be transmitted several ways:

- Through droplets released during a cough or a sneeze
- Through contaminated food or water
- Through dirty hands
- Through contaminated surfaces
- Through a sick person's body fluids

Everyday strategies help prevent the spread of colds and flu:

- Try to avoid close contact with sick people. If you or your child gets sick with a flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of fever-reducing medicine.
- Cover your nose and mouth with a tissue when you sneeze or cough. Throw the tissue in the trash after use.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.

Thank you for your attention to these guidelines. Wishing you good health!