



STILLWATER  
AREA PUBLIC  
SCHOOLS

AFTON-LAKELAND ELEMENTARY SCHOOL

December 15, 2017

Parents and Staff:

This week we have seen an increased number of students out ill with stomach virus type symptoms. These symptoms have included :

- Vomiting
- Headache
- Stomach ache, cramps
- Diarrhea

If your child is experiencing Fever, Vomiting, or Diarrhea they should remain at home until at least 24 hours after the last episode **and** until fever free without the use of Tylenol or ibuprofen. A child with a fever of **100.0** or greater should stay home. Most of these illnesses are viral, but still very contagious.

Hand washing is the most effective way to stop the spread of illness. Please remind your children to do this each time before meals, and always after using the restroom. We will remind them here as well.

Please evaluate your child when returning to school to ensure they are able to eat a normal diet and keep up with regular school activities. If you have concerns about your child's illness contact your physician, especially if they are unable to keep fluids down. You may also call the health office from 8:30-3:30. If your child is going to be absent please call the attendance line each day(24 hours a day ) at **651-351-6560**, or you may enter attendance online in skyward. When calling please leave information about your child's symptoms as well, so we may track and inform you of particular illnesses occurring.

Sincerely,

Stacy Pieper RN  
Health Care Specialist

Health Office 651-351-6503  
Attendance Line 651-351-6560

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