

# Wellness Policy

Your child **must** be fever free for at least 24 hours to attend  
THE Nursery School.

## How long should I stay home if I'm sick?

[CDC recommends that you stay home for at least 24 hours](#) **after** your fever is gone. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.)

### **Influenza-like Illness Information**

*Posted 11/09/2009 02:11PM*

As expected this time of year we have started to see students absent from school with "Influenza-like Illness" (Fever, cough, and/or sore throat). In some instances, families have reported that their Doctor has "confirmed" H1N1 Novel Influenza. It has been made clear by the Suffolk County Department of Health that both H1N1 and Seasonal Influenza should be treated in a similar fashion under the notion of "Influenza-like Illness". Further, testing for H1N1 is not a priority of the CDC, NYSDOH, or the Suffolk County Department of Health Services except for cases of Pediatric hospitalizations for "influenza-like illness" and any deaths attributed to, or linked with, a diagnosis of pneumonia or other respiratory infection. So it is hard to determine the true nature of a "confirmed case of H1N1" as some parents are reporting. Taking our lead from the Health professionals, we are treating all cases of "influenza-like illness" the same and suggesting the same Universal Precautions:

- . Get vaccinated against both seasonal and H1N1 flu as soon as you can.
- . Practice good hand washing. Students and staff members should wash their hands often with soap and water, especially after coughing or sneezing and before eating.
- . Cover your cough! The main way that the flu spreads is from person to person in the droplets produced by coughs and sneezes. So it's important to cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- . **Stay home if you're sick.** Keeping sick students at home means that they keep their germs to themselves rather than sharing them with others. Students, staff, and their families must take personal responsibility for helping to slow the spread of the virus by practicing these steps to reduce their chances of getting sick or spreading the flu.

Preparing for H1N1 Flu: An Action Kit for Schools (Grades K–12) in New York State  
For more information visit [www.dc.gov](http://www.dc.gov) or [www.flu.gov](http://www.flu.gov) or 800-cdc-info