



Runge Independent School District

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A Note from the Nurse:

January 15, 2019

Dear Parent/s or Guardian:

Flu season is upon us. To prevent widespread flu in the school, please use the following guidelines to determine whether or not to send your child to school:

Definitely keep your child at home if he or she has any of these symptoms:

- Fever (100.0 degrees or greater... your child may return to school only after his or her temperature has been consistently below 100.0 degrees for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, weakness or muscle aches
- Frequent congested (wet) or croupy cough

To help prevent the flu / colds, re-enforce your child's good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

If your child has any episodes of vomiting, diarrhea, or fever, Keep your child at home.

Even if they are feeling better and want to attend class, **Do Not Send the Student To School**

Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Students need to be healthy and feeling well in order to learn at their full potential. Please call the Nurse's office if you have any questions.

Thank you in advance for helping make this year at school as healthy as possible.

Linda Martin, RN
Runge District Nurse
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Students need to be Healthy To be educated