



Runge District Nurse

P.O. Box 158
Runge, Texas 78151
Phone: (830) 239-4315 Ext 309

A Note From The Nurse

Dear Parents, Students, and Runge Community,

Flu season is here!

Runge ISD was hit hard last year with illnesses that may have been prevented with some precautionary measures. We are already experiencing cases of the **Flu and Strep**. Please make sure your child is free of observable symptoms before attending school. Too many students are coming to school with fever, sore throat, & ongoing cough.

Keep Your Child at Home for ANY of the following:

Fever: Oral temperature of 100 degrees or higher. Keep your child home until they have been free of fever for 24 hours without fever suppressing medications.

Sore Throat: Red and /or swollen; Throat pain that comes on quickly; Painful swallowing.

Nausea/Vomiting: 24 hours with no vomiting before returning to school.

Cough: Unusual cough that is ongoing.

Please communicate with your child and teach good hygiene and proper handwashing skills. Be proactive and help stop the spread of infection.

If you have questions or concerns, please call the nurse's office regarding health issues.

Thank you in advance for your cooperation & stay well!

Sincerely ~ Nurse Martin

It only takes ONE person to start the spread of infection!
You've heard the phrase "One person can make a difference."
In this case it's so true!
Be that person that stops the spread of infection!

"A Student must be Healthy to be Educated,
& Educated to be Healthy"