

Dear Parents,

Please **do NOT send your child to school if he or she is showing any symptoms of illness** which could be passed onto another child or adult. Unfortunately we often see children have been sent to school knowing the child had a 'small fever' or other symptoms of illness.

Your child can **return to school 24 hours** after he/she is no longer showing any symptoms of illness, including but not exclusive to diarrhea, vomiting or fever.

Fever should be gone without the use of a fever-reducing medicine!

This is the most effective way to prevent further transmission of the illness and gives the body a chance to recuperate and the immune system the opportunity to regain full strength.

We would like to emphasize the importance of maintaining hygienic precautions to reduce the risk of contracting and spreading these infections

- Please remind your child of the importance of washing hands frequently with soap and water, and covering nose and mouth with a tissue when coughing or sneezing or a shirt sleeve or elbow if no tissue is available.
- Anyone who is ill should stay home from work, school, travel, shopping, social events, and public gatherings.
- Wash your hands often to keep from spreading illness to others.

Please remember it is you that knows your child best. Often the child will want to come to school even when they are sick, but please make the decision yourself! You are the parent and the one that decides.

If you have any questions, please don't hesitate to contact the school health nurse by e-mail: [charlotte.zeeberg@cis.dk](mailto:charlotte.zeeberg@cis.dk) or by phone: 3946 3327.

Best regards,  
Charlotte Zeeberg  
CIS School Health Nurse