

Health Office Information:

Physical Education/Fitness Excuses: Students who are unable to participate in Physical Education or Fitness, for more than one day, are required to have a physician's note to be excused from physical activities. A parent note will be accepted for a one-day excuse.

H1N1 (Swine) Flu Update: Parents and Guardians: If your child is sick, PLEASE keep your child home from school/daycare and bringing the child out into the community. The Massachusetts Department of Public Health has issued guidelines regarding school attendance in regards to the H1N1 (Swine) Flu. If your child has a **fever** (temperature over 100.4 degrees) and any one of the following symptoms: sore throat, cough, runny nose, or other related "flu like" symptoms, **he/she needs to remain at home for a minimum of twenty four hours. Your child may return to school after they are symptom and fever free (without the use of any medications, such as Tylenol, Advil or Motrin) for 24 hours.** If you have any questions, please call me at 508-647-6652 or Karen Rufo, School Nurse Supervisor at 08-647-6604.

The best defense against the Swine Flu (and other illnesses) is **HANDWASHING.**

Things you can do to stay healthy:

1. Handwashing, Handwashing, Handwashing
2. Avoid close contact with sick people (respect personal space)
3. Avoid touching your face (eyes, nose and mouth), if you do wash your hands before and after touching
- 4. Keep sick children home (see above guidelines)**
5. Eat a well balanced diet, be physically active, get enough sleep, stay well hydrated and try and reduce your stress

Anne Freeman, RN, BSN, M.Ed, NCSN

Kennedy Middle School Nurse