

To: Parent/Guardian

From: School Nurse

Due to recent stomach illness at NDES, please be observant of your child/children for symptoms such as abdominal discomfort and /or cramping, nausea, vomiting, diarrhea, fatigue and possible fever. It is important to encourage hydration as best as possible if these symptoms are noted.

Please remind your child/children of the importance of good handwashing, keeping hands and fingers away from the face and mouth. Use extra care with sharing of cups, water bottles, eating utensils and sharing of foods.

Should these symptoms occur at home, thorough disinfection should be done particularly in bathrooms and with faucet handles, door knobs, kitchen area, phones and electronic devices.

The school has been taking precautions with vigilant disinfection throughout classrooms, bathrooms and the dining room.

With the upcoming flu season, it is best to consider getting flu shots to decrease the risk of becoming ill with the flu if have not done so already.

Please keep your child/children at home if having symptoms of stomach illness. Please contact your doctor if having symptoms and not improving.

NDES School Nurse