

---

18550 Millburn Road  
Wadsworth, IL 60083



---

Phone 847-356-8331  
Fax 847-356-9722

September 2012

Dear Parents,

As the weather begins to change, and with cold and flu season just around the corner, we would like to give some guidelines to help with your decision whether or not to send your child to school. Please be advised that if your child has any of the symptoms listed below, he or she should NOT attend school:

1. Fever
2. Rash
3. Sore throat with fever
4. Persistent cough
5. Nausea and vomiting
6. Occasional diarrhea

A child who has recently been ill, should meet the following criteria before returning to school, or attending athletic or afterschool activities:

1. Feel fit for 24 hours
2. Maintain a temperature below 100° for at least 24 hours
3. Be free of vomiting and diarrhea for at least 24 hours
4. Be on an antibiotic at least 24 hours when diagnosed with strep throat
5. Be on prescription antibiotic eye drops for 24 hours when diagnosed with conjunctivitis
6. Be home at least 5 days after the appearance of a rash or until all contagious blisters have scabbed

Please notify the school if your child has been diagnosed with strep throat, chickenpox or scarlet fever. We have students with low immunity, and contagious illnesses can further compromise their health.

To help keep children healthy, make sure they have plenty of rest and a nutritious diet. Make sure they are dressed properly when outdoors.

The single, most important thing you can do to keep your child free of illness is to teach them the proper way to wash hands. Use soap and rub hands together for at least 15 seconds. Rinse hands in running water and dry them thoroughly.

Please help us keep our children healthy by keeping a child who is sick at home. Remember, one sick child can spread their illness to all classmates.

Thank you for your cooperation.

Millburn Elementary Health Office  
847-245-2783

Millburn Elementary School  
18550 Millburn Road • Wadsworth, IL 60083  
Phone 847-356-8331 • Fax 847-356-9722

Millburn Middle School  
640 Freedom Way • Lindenhurst, IL 60046  
Phone 847-245-1600 • Fax 847-265-8198