

# CCC Wellness Policy

Dear Parents:

To help ensure the well-being of all students, we ask for your cooperation in observing these guidelines. Please keep your child at home if he/she has any of the following:

- has flu symptoms (viral or bacterial)
- If diagnosed with influenza...the child must stay home for at least **7** days  
*Recommendation by the CDC for school children*
- had a fever in the last **72** hours ("fever free" means **no** fever reducer medicine has been given in the past 36 hours)
- has a cold or constant cough
- has a heavy nasal discharge
- is coming down with an illness and is very fussy
- had nausea, vomiting or diarrhea in the last **72** hours
- has an unidentified skin rash
- has been given a laxative in the last 24 hours
- has a sore throat
- has an inflammation or a discharge from the eyes.

Fever reducing medication should not be given to your child before school any time. This only masks illness symptoms, and your child remains contagious to others. To ensure that your child is not contagious and feels well enough to participate in school activities, we request that you keep him/her at home for at least 72 hours after he/she is free of symptoms (7 days + after the onset of the flu virus). Hand washing is essential to the prevention of cross contamination. Home is the best place for your precious child to be when he/she is not feeling well.

Thank you for helping us all to stay healthy!

Sincerely,  
The CCC Staff and Board of Directors  
Revised 2020