
Health Office Newsletter

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Dear Parents,

It has been wonderful to have the privilege to support your children at the Hunking School. As always, our priority is to keep children healthy and in the classroom. Please take a look at our information and advice for this winter season.

Thank you,

Nurse Caroline & Nurse Lea Anne

Flu Season is here!

Be sure to do the following to help prevent the spread of the flu:

- **Get your flu shot**
- **Drink plenty of water!** Bring a water bottle to school everyday
- **Get at least 8-10 hours of sleep every night**
- **Always wash your hands after bathroom use and before every meal or snack**
- **Cover your coughs and sneezes**
- **Stay away from people who are sick as much as possible to keep from getting sick yourself**

Flu symptoms include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



**Winter is here, and it's
getting cold outside!**

Please be aware of the weather conditions and dress your child appropriately. Remember their coats, long pants, gloves, and hats. If you are in need of winter clothes please let us know and we can try our best to help!

When to Keep Your Child at Home and Dismissal Guidelines



1. **Fever (elevated temperature of 100.5 or higher)** Students must remain home until fever-free for 24 hours without the use of fever-reducing medicines, such as acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil)
2. **Vomiting and/or diarrhea**, with 2 or more episodes within the previous 24 hours or during the school day
3. **Rash of unknown origin**, particularly those accompanied by fever or behavior change suggestive of infectious disease. Must be evaluated by a doctor and note sent for re-entry into school.
4. **Live head lice**. Must be treated at home, and then re-checked by the school nurse, preferably with parent/guardian present, upon return to school.
5. **Irritability, lethargy, persistent crying, difficulty breathing, or other signs of severe illness.**