

Si necesita servicios de traducción gratuitos para comprender los procesos escolares, llame al (919) 852-3303

إذا كنت بحاجة إلى خدمات الترجمة المجانية للتعرف على سير العمليات بالمدرسة، اتصل بالرقم (919) 852-3303

Si vous avez besoin de services de traduction gratuits pour comprendre les procédures scolaires, appelez le (919) 852-3303

यदि आपको विद्यालय की प्रक्रियाओं को समझने के लिए निःशुल्क अनुवाद सेवाएं चाहिए, तो (919) 852-3303 पर कॉल करें

학교/교육 과정에 관한 무료 번역 서비스가 필요하시면 다음 번호로 연락하여 주십시오 (919)852-3303

Nếu quý vị cần sự thông dịch miễn phí để hiểu phương pháp trường học, xin vui lòng gọi số điện thoại, 919-852-3303

如果您需要免费翻译服务来了解学校流程，请致电 (919) 852-3303

Preventing the Spread of Illness

As we enter into cold and flu season, students, families and staff are encouraged to follow healthy habits.

- Covering mouths and noses when sneezing or coughing
- Cleaning hands often
- Avoiding touching eyes, nose or mouth
- Staying home when sick
- Checking with a health care provider when needed

Cover mouth and nose when sneezing or coughing

- Cough or sneeze into a tissue, throw it away and wash hands
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Clean hands often

- Wash with soap and water
- Scrub all surfaces for 15 to 20 seconds
- When soap and water are not available, alcohol-based hand wipes or gel sanitizers may be used
- When using a gel or wipe, rub until hands or wipes are dry

Avoid touching eyes, nose, or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.

Not Feeling Well?

Students and staff are encouraged to stay home when sick.

If students become sick at school, parents will be called to come immediately.

Stay home if you have any of the following symptoms:

- Fever of 100 degrees F or higher
Si (Stay home until you have been without fever (without taking fever reducing medication) for at least 24 hours)
- Nausea, vomiting or diarrhea
pt (Stay home until you have been without vomiting or diarrhea for 12 hours)
- Severe headache
- Red, watery eyes with yellow discharge
- Undiagnosed rash
- Inability to attend to learning activities
- Change in usual medical status

More Facts and How-To Ideas

For questions regarding when to notify parent/guardian(s) of sick students please refer to your school's "NC Emergency Guidelines for Schools" manual or the WCPSS website.

<http://www.wcpss.net/parents/student-health/flu.html>

Colds, Flu, Virus Information for parents may be found on the WCPSS website:
<http://www.wcpss.net/parents/student-health/flu.html>