**24 Hour Health Guidelines**

In an attempt to reduce the spread of contagious illnesses in our school, we ask that you follow these simple guidelines:

* Children with an elevated temperature of 100 degrees or above should be kept out of school until they are fever free, without the use of fever-reducing medication, for **24 hours**.
* Children who are vomiting or have diarrhea should be kept out of school until they have been symptom free for **24 hours**, without the use of preventative medications.

Please help us as we strive daily to keep all of our children as safe and healthy as possible.