



**Health Services**

1551 Rock Quarry Road

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## Preventing the Spread of Illness

As we enter cold and flu season, students, families and staff are encouraged to:

- **Avoid Touching- Eyes, Nose and/or Mouth**
  - Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth
- **Cover Mouth and Nose**
  - Cough or sneeze into a tissue, throw it away and wash hands
  - If you do not have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands
- **Hand Washing**
  - Wash hands with soap and water
  - Scrub all hand surfaces for 15 to 20 seconds
  - Use alcohol-based hand wipes or gel sanitizers only when soap and water are not available
- **Staying Home When Sick**
  - Fever of 100.4 degrees F or higher (Stay home until you have been fever-free without taking fever reducing medication for at least 24 hours)
  - Nausea, vomiting, or diarrhea (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

***If students become sick at school, parents will be called to come immediately to pick student up from school.***

**Additional Information:**

Colds, Flu, Virus Information may be found on the WCPSS website <https://www.wcpss.net/Page/168>

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