

In an effort to keep the students at Fowler well, we are promoting prevention of the spread of the cold and flu germs through healthy habits. *Keep your children at home when they are sick. They should be fever free for 24 hours without taking Tylenol or ibuprofen, before returning to school. *Encourage frequent hand washing. This is the best way to keep from getting sick. Wash your hands before you eat, after using the restroom, after touching your face, and after coughing or sneezing into your hands. *Avoid touching your eyes, nose, and mouth. Germs are spread by touching contaminated objects and then they enter our bodies through these portals. *Cover your nose and mouth when you cough or sneeze and sneeze into your upper sleeve. *Get plenty of rest and eat a well balanced diet. *Hand sanitizers have been installed in all of the classrooms for the students to use as needed to help stop the transmission of germs. Check with your child's doctor about getting the flu vaccine. This will not prevent all illnesses, but will help with your child's immunity.

Collin County requests a daily report from the school nurses indicating the number of flu cases and influenza like illnesses we have at our school. Please provide your child's symptoms or positive flu diagnosis to the front office when you call in for your sick child each morning.

Please keep your children home until they have been fever free for 24 hours (fever is considered less than 100 degrees without fever reducing medicine). We appreciate you helping us keep our Fowler students and staff well by adhering to this District policy!