



## General John Nixon School

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Joni Jay  
Principal

As we return to school, please review the Sudbury Schools Illness Policy. It is important for everyone to follow these guidelines in order to minimize the spread of illness.

Please do not send your child to school if he/she has any of the following: fever, vomiting, diarrhea or any contagious or potentially contagious condition.

### Sudbury Illness Policy

- *after a minimum of 24 hours of antibiotic therapy for strep throat or other contagious conditions*
- *fever free for 24 hours without the aide of fever reducing medications, (many children with a nighttime fever will not manifest a fever in the morning, yet will be ill later in the day)*
- *without vomiting, diarrhea or rash*
- *once your child is able to resume a normal diet without nausea, vomiting or diarrhea*
- *after receiving 3 doses of medication for conjunctivitis*
- *upon doctors recommendation, (if needed), documenting that a child is no longer infectious from a severe bacterial or viral illness*

In addition, please keep your child home if you are awaiting the results of a culture.

It is imperative that the Health Office be notified immediately at the slightest suspicion that your child has or has been exposed to chickenpox. This illness can be life threatening to some of our students.

While it is not required to keep your child home if he/she has a cold, please use your judgment. If he/she is continuously coughing or sneezing or has a very runny nose, please consider keeping your child at home.

To help stay well, we should all eat a balanced diet (remember to include plenty of fruit and vegetables), get enough sleep, keep hydrated and WASH YOUR HANDS. Please review with your children the importance of hand washing.

Please feel free to contact me in the Health Office if you have any questions or concerns.  
978-443-1080 x 2.

Anne Chabot R.N.