Cold and Flu Season

Student Health and Wellness

Dear Parents/Guardians,

The Cold and Flu season has been hitting the Holy Trinity Campuses rather hard this year. Our Altoona site has had 18, 13, and 22 kids out on various days.

Holy Trinity Catholic School requires that families follow these guidelines **BEFORE** sending their student back to school.

- **Fever:** If your child has a fever of 100F or greater, or looks or acts sick, he/she should stay home.
    - *****May return to school AFTER symptoms are gone for 24 hours and child is fever-free without the aid of fever reducing medication.**

- **Vomiting and/or diarrhea:** Vomiting and/or more than one event of watery diarrhea he/she should stay home.
    - *****May return to school AFTER symptoms are gone for 24 hours and without the aid of medication.**

- **Sore Throat:** If your child has a sore throat and fever, or a sore throat without fever, he/she should stay home.

***For your child's health and safety – AND for the health and safety of the other children and staff – please follow the above guidelines.**