



DEMAREST PUBLIC SCHOOL DISTRICT

County Road School
130 County Road
Demarest, NJ 07627
(201)768-6060 x51600

Luther Lee Emerson School
15 Columbus Road
Demarest, NJ 07627
(201)768-6060x52600

Demarest Middle School
568 Piermont Road
Demarest, NJ 07627
(201)768-6060x53600

January 10, 2020

Dear Parent/Guardian,

With flu season well under way and the incidence in the whole state of New Jersey and nationwide being high, it is a good time to remind everyone when students should stay home from school. Students should stay home from school whenever they may be contagious to others. Remember by keeping your child home when they are sick, you are not only preventing the spread of illness, but also protecting your child by allowing their system to build up resistance, thus preventing them from a relapse of the illness.

The following are guidelines to help you determine when your child is too sick for school.

1. Your child has a fever of 100 degrees or more within the last 24 hours. Your child may return once he/she has been fever free for 24 hours without medication.
2. Your child has vomited in the last 24 hours. If your child is vomiting, please monitor him/her for dehydration.
3. Your child has diarrhea (3 liquid stools in 24 hours) in the last 24 hours. If your child has diarrhea, please monitor him/her for dehydration.
4. Your child has a sore throat and headache, stomachache or swollen glands. This combination can be a sign of strep throat. If you take your child to the doctor and they have strep throat, your child may return to school 24 hours after starting antibiotics.
5. Your child has pink eye, indicated by bright red eyes that were stuck shut when they woke up or are oozing thick discharge. Your child may return to school 24 hours after starting antibiotics.
6. Your child has cold symptoms with a persistent or phlegmy cough, a runny nose with yellow or green discharge or wheezing.

Please remember that when children are sick they are not able to concentrate and focus on what is happening in classes. This means that they may not be able to learn new material or not perform well on assessments.

Hand washing is the most effective way to prevent the spread of communicable diseases. Please practice good hand washing at home. If you have any questions you can contact your school nurse at 201-768-6060x53326 or email at mcdermott@nvnet.org.
201-768-6060x52256 or email at paspalas@nvnet.org.
201-768-6060x51534 or email at tiscorniak@nvnet.org

Sincerely,

Karleen McDermott RN, CSN School Nurse

Cynthia Paspalas RN, CSN School Nurse

Kelly Tiscornia RN, CSN School Nurse