



Littleton Public Schools

February, 2012

Dear Parents of LPS students;

As we are still in cold and flu season, and your help is important in making sure that our students are healthy when they attend school and that they stay home when they are sick. We count on you to be partners with us in this priority.

The most important steps that all of us can take are simple ones that help to prevent the spread of illness. Please be sure your child knows to:

- **Clean hands frequently.** Washing with soap and water for at least 20 seconds is ideal.
- **Use hand sanitizer** if hand washing facilities are unavailable. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol.
- **Cover coughs and sneezes** with tissues or by coughing into the inside of the elbow. Cough or sneeze into your sleeve, not your hands!
- **Have a balanced diet.**
- **Get adequate rest.**
- **Learn these healthy habits** by setting a good example and always doing them yourself. Taking responsibility for our own health helps protect others with whom we come in contact.

In the event that your child becomes sick, we urge you to develop a plan if your child needs to be kept home from school. If we believe a child is too sick to be in school, or if they become sick while at school, the student will be sent home. If a parent or guardian cannot be reached, the student will be kept apart from others until they can be sent home and then they should remain at home until they are healthy enough to return to school, including not having symptoms that could infect others. If you have any concerns about your child's health, we urge you to contact your child's physician.

As a District we take health, safety and well being of our students and staff very seriously. Let's all do our best to stay healthy!