

Colchester Elementary School

315 Halls Hill Road
Colchester, Connecticut 06415
Phone: (860) 537-0717
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www.colchesterct.org



Judy O'Meara
Principal

Linda T. Rhodes
Assistant Principal

January 9, 2019

Dear CES Families,

The FLU/cold/virus season is amongst us and we would like to remind families of a few helpful guidelines to help keep our CES family healthy this year.

If your child has any of the symptoms below please keep them home from school even if they are being treated with anti-flu medication. Students can return to school once they have been **fever free for 24hrs** without anti-fever medication, Tylenol (acetaminophen), Motrin/Advil (ibuprofen), et al.

fever* (100.5 or higher)
cough
sore throat
runny or stuffy nose
body aches
headache
chills
diarrhea and vomiting
fatigue

It is recommended to call your doctor if your child has a sore throat with fever, persistent productive cough, and/or vomiting/diarrhea with fever.

Encourage your child to cover coughs and sneezes with a tissue and to wash hands often to keep from spreading illnesses to others.

Please call with any questions or refer to the handbook for more information.

Thank you,

Catherine Benni RN
Colchester Elementary School
860-988-8542 x5

“A Community of Enthusiastic Learners”



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