



ONSTED COMMUNITY SCHOOLS  
BOARD OF EDUCATION  
"Inspire-Challenge-Prepare...Every Person...Every Day"



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Steve Head, Superintendent

Dear Parent/Guardian:

As reports of illnesses to schools and childcare centers increase in the county, we want to ensure parents and guardians know when to keep children home. Reports of Influenza (seasonal respiratory flu), COVID-19 and gastrointestinal illness ( "stomach flu") have been increasing as well as other illness symptoms.

Many mild illnesses do not require exclusion. However, children should stay home if the illness prevents the child from participating comfortably in school activities or if there is risk of spreading disease to others. **Your child should remain at home and please contact your child's healthcare provider if your child is having any of the illness symptoms below or any other concerning symptoms:**

- **Fever:** A child with a temperature of 100.4°F or greater.
- **Illness symptoms:** symptoms such as cough, runny nose, sore throat, rash, vomiting, diarrhea or any behavior changes. **Note: influenza (seasonal flu) and COVID-19 cases are rising in the community.**
- **Diarrhea:** A child has two loose or watery stools within 24 hours. Exception: A healthcare provider has determined it is not infectious. Diarrhea may be caused by antibiotics or new foods a child has eaten.
- **Vomiting:** A child that has vomited two or more times within 24 hours. Exception: A healthcare provider has determined it is not infectious.
- **Abdominal pain:** A child with abdominal pain that continues for more than two hours, or intermittent pain associated with fever or other symptoms.
- **Rash:** A child with a rash especially if the child has a fever or other illness or changes in behavior. Note: Rapidly spreading bruising or small blood spots under the skin need immediate medical attention.
- **Skin sores:** A child with sores leaking fluid.
- **Certain communicable diseases: Children and staff diagnosed with certain communicable diseases, including COVID-19, will need to be excluded as indicated by the healthcare provider or the health department.**

**Prevention Measures:**

Teach your family how to lower their risk of getting and spreading illnesses by:

- Washing their hands often with soap and running warm water for at least 20 seconds. That is the same amount of time as it takes to sing "Happy Birthday" twice. Make sure to also clean under the fingernails.
- If a sink or hand washing station is not available, use hand sanitizer properly. Gels, rubs, and hand wipes work well against most germs if they contain at least 60% alcohol. Throw wipes in the trash after use.

- Cough or sneeze into a tissue if possible, or their upper shirt sleeve or elbow—not onto their hands!
- Avoid touching eyes, nose, or mouth. That’s how many types of germs enter the body and also how germs can be spread.
- Avoid close contact with others, such as kissing, shaking hands, and sharing cups and eating utensils.
- Clean frequently touched surfaces such as doorknobs and mobile devices.
- Stay up-to-date on your COVID vaccines and annual influenza vaccine as well as all other recommended vaccinations to decrease the risk of contracting vaccine preventable illnesses and their potentially serious complications.

If you have any questions, please feel free to contact Nicole Brown with Onsted Community Schools at 517-467-7046.