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Dear Costa Parents,

The peak of the cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Stomach ache

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees and your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough

Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Important Dates

January 16-Spirit wear with uniform

January 17-Mass and Confession at IHM 8:15 AM

January 20-No School Dr. Martin Luther King, Jr. Day

January 22-Knights of Columbus Free Throw Challenge 2:30-5 PM

January 24-Mass and Confession at IHM 8:15 AM